

# SENIOR CENTER FEASIBILITY STUDY

## FOCUS GROUP AGENDA

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  - Option 1 - Veteran's Memorial Building (VMB) Location
  - Option 2 - Cassidy Farm Location
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# PROJECT TEAM

## **Council on Aging:**

Patty Kayo, Director  
Bert Lannon, Chair  
Helen Daly  
Christine McCaffrey  
Elizabeth Derwin

## **Permanent Building Committee:**

Wayne Klocko, Chair  
Diane Jurmain  
Jim McCaffrey  
Craig Schultze, Select Board liasion

## **Town Administrator:**

Mike Guzinski

## **Recreation Dept:**

Kris Fogarty, Director

## **Library:**

Kim Tolson, Director

# PROJECT OVERVIEW & STATUS

## 2019

- Town Meeting Approved study funding
- Abacus Architects selected by PBC with CoA input (Nov)

## 2020

- CoA began Programming and future programming inputs
- Visioning Meeting and visit to Medfield Senior Center (Feb)
- Preliminary designs/reviews by Abacus (April/May)
- Additional programming session with CoA (Sept)

## 2021

- Formation of Director's Working Group including CoA, Library, Recreation to explore programming requirements (July)
- First Meeting with Directors and Board Members of working group (August)
- Programming meeting input review (Sept)
- Cost estimates development started (December)

## 2022

- PBC Review of costs and plans for focus group sessions
- Make consensus recommendation to Select Board for town meeting vote

## THE NEED

According to the most recent population data, there are 2,646 residents in Millis age 60 and over. That's roughly 30% of the population.

Only a fraction of this group participate in or receive services from the current Council on Aging facility.

The senior center has been located in the basement of the VMB when it was renovated into a community center and town offices in 1999.

These facilities are inadequate for the services currently provided and for those that should be provided.

If the town chooses, the investment in new and expanded facilities, although primarily for seniors, could also be used by the rest of the community with efficient scheduling and coordination.



# THE VISION

## Potential Senior Center Schedule

	Dining	Kitchen	Craft Room	Game Room	Fitness Room	Multi Purpose Room 1	Multi Purpose Room 2	Multi Purpose Room 3	Outdoor Space
<b>Monday AM</b> 8:30 - noon	drop in coffee	prepare for lunch	seasonal craft	•Darts Club •Pool tables	• Drop in fitness • Circuit Training	• Investment Club • Photography Club • Meet the Select board • Meet the Norfolk County Sheriff • Meet the police chief • Meet the fire chief • Meet the town manager	Yoga	Memory Café	• Community Garden • Bocce
<b>Monday PM</b> noon - 4:30	• drop in lunch • lecture series	Meals for 1 class	scrapbooking	•Drop in game activities •Pool tables	Drop in fitness	• Mass Bar Association	Enhanced Fitness	Bingo	•Horseshoes •Corn Hole
<b>Tuesday AM</b> 8:30 - noon	drop in coffee	prepare for lunch	puzzle day	•Learn to play mah-jongg •Pool tables	Drop in fitness	• Financial Planing • Tax preparation • Power of Attorney • Long Term Care Planning • Health Care Proxy • Living wills • Medicare planning • Social security planning	meditation	Line Dancing	• Community Garden • Bocce
<b>Tuesday PM</b> noon - 4:30	• drop in lunch • Movies	Simple meals class	quilting club	•Drop in game activities •Pool tables	Drop in fitness	Book Club	low impact aerobics	community garden club	•Horseshoes •Corn Hole
<b>Wednesday AM</b> 8:30 - noon	drop in coffee	prepare for lunch	flowers	•Learn to Play Bridge •Pool tables	• Drop in fitness • Circuit training	• Diabeties prevention • Fall prevention • Public health nurse clinic • Podiatry clinic • Healthy eating workshop • Chronic pain workshop • Blood pressure check • Podiatry • Hearing clinic • Vision clinic	Yoga	Computer tutoring	• Community Garden • Bocce
<b>Wednesday PM</b> noon - 4:30	drop in lunch		sewing/stitching	•Drop in game activities •Pool tables	Drop in fitness		Enhanced Fitness	Learn a musical instrument	•Horseshoes •Corn Hole
<b>Thursday AM</b> 8:30 - noon	drop in coffee	prepare for lunch	art class	•Learn to play chess •Pool tables	Drop in fitness	Weight Watchers •SHINE clinic •Hair Dresser •Barber •Chair massage	Balance	walking/hiking club	• Community Garden • Bocce
<b>Thursday PM</b> noon - 4:30	drop in lunch	Creative leftovers class	wood carving	•Drop in game activities •Pool tables	Drop in fitness		low impact aerobics	sing along	•Horseshoes •Corn Hole
<b>Friday AM</b> 8:30 - noon	drop in coffee	prepare for lunch	Knitting/crochet club	Learn to play cribbage Pool tables	• Drop in fitness • Circuit training	Visit with a pet	Yoga	how to use your cell phone	• Community Garden • Bocce
<b>Friday PM</b> noon - 4:30	drop in lunch	hors d'ouvers class	painting	Drop in game activities Pool tables	Drop in fitness	Mr. Fixit	Enhanced Fitness	Tai Chi	•Horseshoes •Corn Hole
<b>4:30 - 9:00 PM</b> Each Day	Available for evening programming for all members of the community								



# RECAP OF DESIRED PROGRAMMING

- Evaluated needs of the target audience (60+) with CoA programming; Expanded evaluation to include Library & Recreation senior programs to better understand needs (in green below)
- Included multi-generational programming (in yellow) to understand if utilization would effect exclusive CoA use. In many cases, the multi-generational programs can utilize the same spaces; just a matter of scheduling.
- Organized the desired programming to appropriate architectural spaces (in grey), confirming the space allocation in the conceptual designs supports the programming needs

**Senior + Community Programming Worksheet for Millis Council on Aging, Recreation + Library**  
The purpose of this worksheet is for right-sizing the programming to determine building location.

**Color Key:**  
 Program Space  
 Senior Center Oriented  
 Community Center Oriented

**Check Boxes:**  
 Yes = include in programming  
 No = not include in programming  
 ? = need to discuss

COUNCIL ON AGING PROGRAM	RECREATION DEPT PROGRAM	LIBRARY PROGRAM
<b>Entry</b>		
• Vestibule w/ bench	Yes	
• Covered Entry off parking lot	Yes	
<b>Reception / Lobby</b>		
• Receptionist Desk	Yes	
• Check-in Station	Yes	
• TV/Smartboard/Today's Calendar	Yes	
• Storage area for Coats	Yes	
<b>Offices</b>		
• Director Office	Yes	• Recreation Offices (if renovation) Yes
• Program Manger's Desk	Yes	• Related offices + storage Yes
• Outreach Office	Yes	
• Department Assistant Office	Yes	
• Flexible / Rotating Desk	Yes	
• Private Counselling Room / Small Conference Rm (Social Work, Support, Etc)	Yes	
• Files / Counter / Storage	Yes	
<b>Lounge</b>		
• Library Space	Yes	• Art Exhibits Yes
• Comfortable Sitting area - Reading/ Lounge	Yes	
• Fireplace area	?	
• Counter - Donated goods / Coffee Station	Yes	
• Tables + Chairs for puzzles and visiting	Yes	
• TV area w/ dvd storage	Yes	
• Candy's Corner w/ display space and storage	Yes	
<b>Dining Space / Large Event Room</b>		
• Meals on Wheels - Everyday Circular Seating for 40-50 people	Yes	• Large-scale Concerts (Holiday, Chorus), hold 150 people Yes
• Periodic dinners + events - Sit-down meal for 170 (?) people during events/fundraisers (Valentine's Day Brunch, St Patrick's Day Feast, Mothers Day Tea, Fathers Day, Cook-outs, Thanksgiving Day Feast, Christmas w/ Millis PD + EMTs)	Yes	• Large-scale Author talks (Author lunch-ins) 100+ people Yes
• Quarterly Events - Sheriff's Office "Are You Okay, Senior Photo ID, File Of Life, Triad, Yellow Dot, Scam Prevention" Programs	Yes	• Silver Screen Matinees (afternoon movies) Yes
• Semi-Annual Events - AARP Medicare + Social Security, Mass Bar Presentation - Turning 65, HESSCO's Diabetes Prevention	Yes	
• Annual Events - Health Fair, Flu Clinics, Holiday Fair, Coye's Auction - Antique Roadshow	Yes	
Projection Screen for movies, presentation with larger group	Yes	
Room Divider & Storage	Yes	
<b>Commercial Kitchen</b>		
• For in-house events to offer home cooked meals, healthier meal choices	?	• Cooking & Baking ?
• Hands-on Culinary classes	?	
• HESSCO worker office	Yes	
• Commercial kitchen vs warming kitchen	?	

COUNCIL ON AGING PROGRAM	RECREATION DEPT PROGRAM	LIBRARY PROGRAM
<b>Multi-purpose Rooms</b>		
• Presentations from: Mass Commission for the Blind, AARP, VNA, Attorney General Office, HESSCO, Legal Clinics, CommCan (CBD), MA + National Councils on Aging, Financial Planning, SHINE	Yes	• Music Lessons Yes
• Musical Performances, Sing along group, Music Classes	Yes	• Certification Programs Yes
• Monthly Events - HESSCO Aging Consultations, Podiatry, Coalition of newsletter, Public Health Nurse Consultations	Yes	• Movie Nights Yes
• Community Gatherings, Movie Nights	?	• Various Classes (prefer not carpet, include sink) Yes
• Cultural Events - Art Shows, Virtual Travel, Historical Performers, Story Tellers	Yes	• Space that is large enough to accommodate 40+ and available on nights and weekends. Yes
• Healthy Aging - Fairs, clinics, memory testing, fan the flame	Yes	• Teen Room Yes
• Educational Groups - Language, Memoirs, Budgets Planning	Yes	• Computer Classes ?
• Cabinet Storage	Yes	
• Sinks	?	
• Weigh loss + Mental health support groups	Yes	
• Pet Therapy	Yes	
• Memory Café	Yes	
• Digital Photography	Yes	
• High School Seniors Teaching Seniors Cell phone and tablet use	Yes	
<b>Multi-purpose Health Room</b>		
• Hair Salon	Yes	
• Podiatry - manicures/pedicures/waxing	Yes	
• Health Clinics - Blood Pressure	Yes	
• Chair Massage / Reflexology	Yes	
• Private Bathroom w/ Shower	Yes	
<b>Multi-purpose Support Room</b>		
• Supportive Day Program (storage for supplies)	?	

COUNCIL ON AGING PROGRAM	RECREATION DEPT PROGRAM	LIBRARY PROGRAM
<b>Fitness / Gym</b>		
• Gym Area - Free weights & Equipment	Yes	• Fitness / Dance Classes - Year-round w/ storage (Free of charge) Yes
• Fitness Classes - YMCA, Strength (tv w/ dvd) Yoga/Meditation, Tai Chi, Pilates, Low Impact Workouts, Self-Defense	Yes	• Classes - Multi-purpose Yes
• Dance Classes - Line Dancing, Tap Dancing, Latest Dance Moves, Dancing with the Stars	Yes	• Babies/Kids - playground w active equipment for physical play/exercise - gym mats, wedges, trikes - Year-round w/ storage (Free of charge) Yes
• Pickleball, etc. (High Ceilings needed)	Yes	
• Changing/Locker Room + storage	Yes	
• Cabinet Storage	Yes	
<b>Craft Room</b>		
• Crafty Ladies	Yes	• Arts & Crafts Yes
• Paint + Sip Classes	Yes	• Paint Nights Yes
• Mr. Fix it workshop, wood working, wood carving	Yes	• Sewing Classes (storage) Yes
• Rug Braiding, basket weaving, wreath making	Yes	
• Pottery	Yes	
• Victorian Valentines	Yes	
• Sewing Class	Yes	
• Water color, oils, charcoal	Yes	
• Open Art Studio	Yes	
• Lockable Cabinet Storage (5) and sink	Yes	
• Big tables for crafting	Yes	
• Storage for on-going crafts (rolling racks)	Yes	
<b>Game Room</b>		
• 2 pool tables (for leagues)	Yes	• Cards/Cribbage Yes
• Men's group	Yes	• Teens - pool table, ping pong table Yes
• Tables for games (Board games, Chess, Cards, Cribbage, Poker, Bingo)	Yes	
• Lockable Cabinet Storage	Yes	
<b>Storage (Medical)</b>		
• Wheelchairs, walkers, etc. (Lending Program)	Yes	
• Shelves for various supplies	Yes	
<b>Passive Outdoor</b>		
• Drop-off waiting area	Yes	
• Outdoor furniture storage	Yes	
<b>Active Outdoor</b>		
• Sitting and Dining - Outdoor shaded area with picnic tables, outdoor games	Yes	• Garden Tips Yes
• Outdoor walking / jogging paths / fitness trail (conservation)	Yes	• Community Garden Space Yes
• Outdoor performance area for summer concerts	Yes	• Farmers Market Yes
• Zen / Aroma Garden	Yes	
• Community Garden - Garden Club, Millis School Students	Yes	
<b>Bathrooms/Support Facilities</b>		
• As required	Yes	



# RECAP OF DESIRED PROGRAMMING

## Resulting Programmatic Spaces & Square Footages per Design Option

### OPTION 1 - VMB - 2 STORY PARTIAL RENOVATION & ADDITION

**TOTAL NET SF = 11,915 NSF | TOTAL GROSS SF = 14,855 GSF**

- 1760 Net SF Lobby/Lounge w/ Check in, Candy's Corner, Coffee station, Bookshelves, Seating, Game Room (Ground Floor VMB)
- 1285 Net SF Office Suite w/ Program manager, outreach, flexible office, Dept. assistant, CoA Director, Private Counsel/Health Room (Ground Floor VMB)
- 475 Net SF Recreation Dept. (Ground Floor VMB)
- 730 Net SF Storage for Medical Supplies (Ground Floor VMB)
- 980 Net SF Fitness Gym & Storage (Ground Floor New Addition)
- 2290 Net SF Dining Area (Ground Floor New Addition)
- 115 Net SF Storage (Ground Floor New Addition)
- 535 Net SF Kitchen (Ground Floor New Addition)
- 125 Net SF HESSCO Office (Ground Floor New Addition)
- 330 Net SF 4 Single-Use Restrooms (Ground Floor New Addition)
- 775 Net SF Multi-purpose Room 1 (1<sup>st</sup> Floor New Addition)
- 700 Net SF Multi-purpose Room 2 (1<sup>st</sup> Floor New Addition)
- 900 Net SF Multi-purpose Room 3 (1<sup>st</sup> Floor New Addition)
- 585 Net SF Craft Room (1<sup>st</sup> Floor VMB)
- 350 Net SF Upper Lounge Area (1<sup>st</sup> Floor VMB & New Addition)

### OPTION 2 - CASSIDY FARM - NEW CONSTRUCTION

**TOTAL NET SF = 11,315 NSF | TOTAL GROSS SF = 15,000 GSF**

- 2250 Net SF Lobby/Lounge w/ Check in, Candy's Corner, Coffee station, Bookshelves, Seating
- 1670 Net SF Office Suite w/ Program manager, outreach, flexible office, Dept. assistant, CoA Director, Private Counsel Room) & Recreation Dept.
- 415 Net SF Storage for Medical Supplies
- 600 Net SF Fitness Gym
- 2200 Net SF Dining Area
- 150 Net SF Storage
- 680 Net SF Kitchen
- 255 Net SF HESSCO Office
- 930 Net SF Multi-purpose Room 1
- 910 Net SF Multi-purpose Room 2
- 820 Net SF Multi-purpose Room 3
- 690 Net SF Craft Room
- 200 Net SF 4 Single-Use Restrooms
- 150 Net SF 2 Single-Use Restrooms with Showers
- 600 Net SF Locker Rooms w/ 2 stalls each
- 775 Net SF Game Room

### OPTION 2A - CASSIDY FARM W/ GYM - NEW CONSTRUCTION

**TOTAL NET SF = 22,000 NSF | TOTAL GROSS SF = 22,400 GSF**

- 7000 Net SF Regulation Size Basketball Gym



# CONCEPTUAL DESIGNS - OPTIONS OVERVIEW

OPTION 1 - VMB - 2 STORY PARTIAL RENOVATION & ADDITION



OPTION 2 - CASSIDY FARM - NEW CONSTRUCTION



OPTION 2A - CASSIDY FARM W/ GYM - NEW CONSTRUCTION

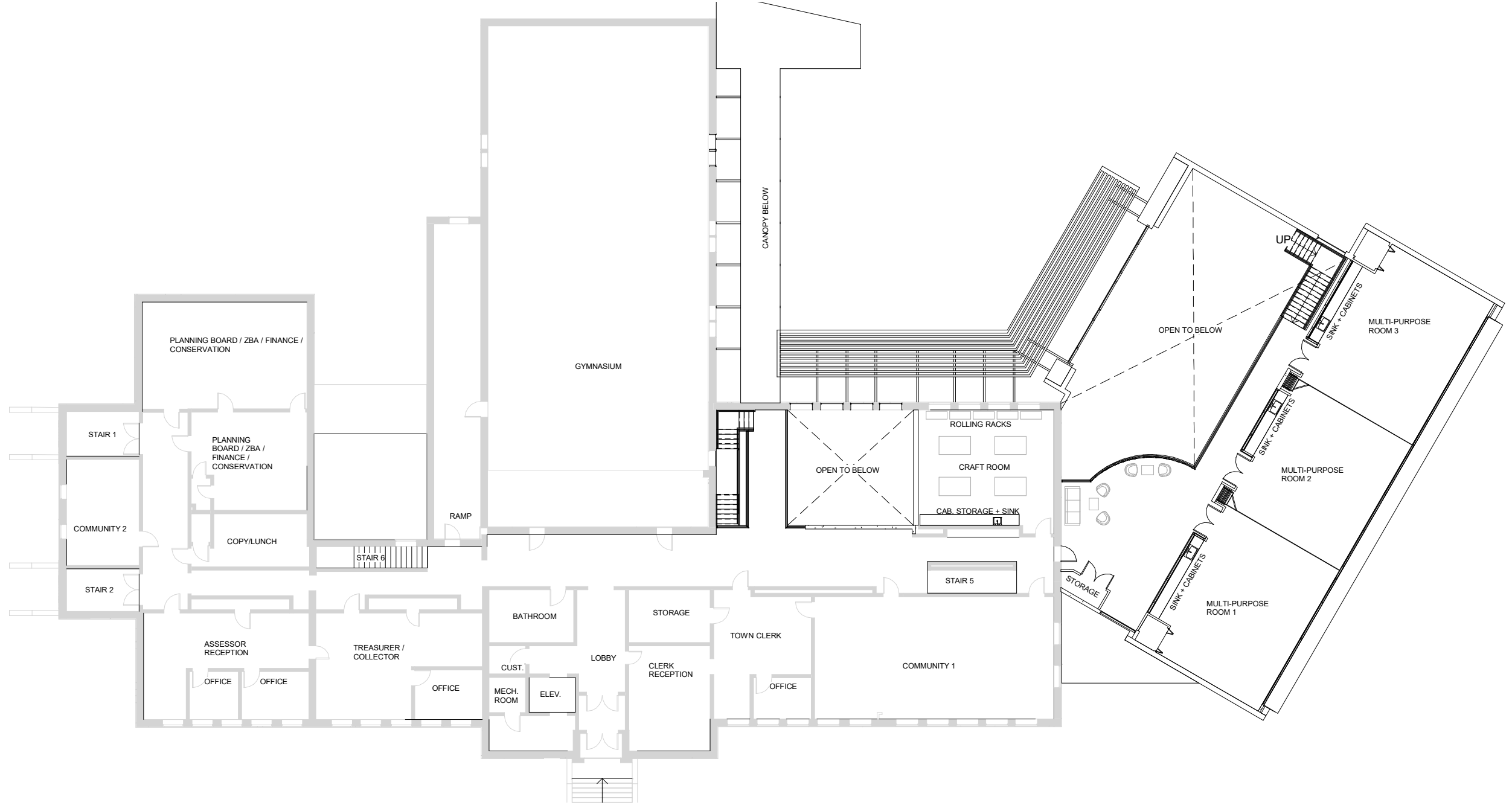




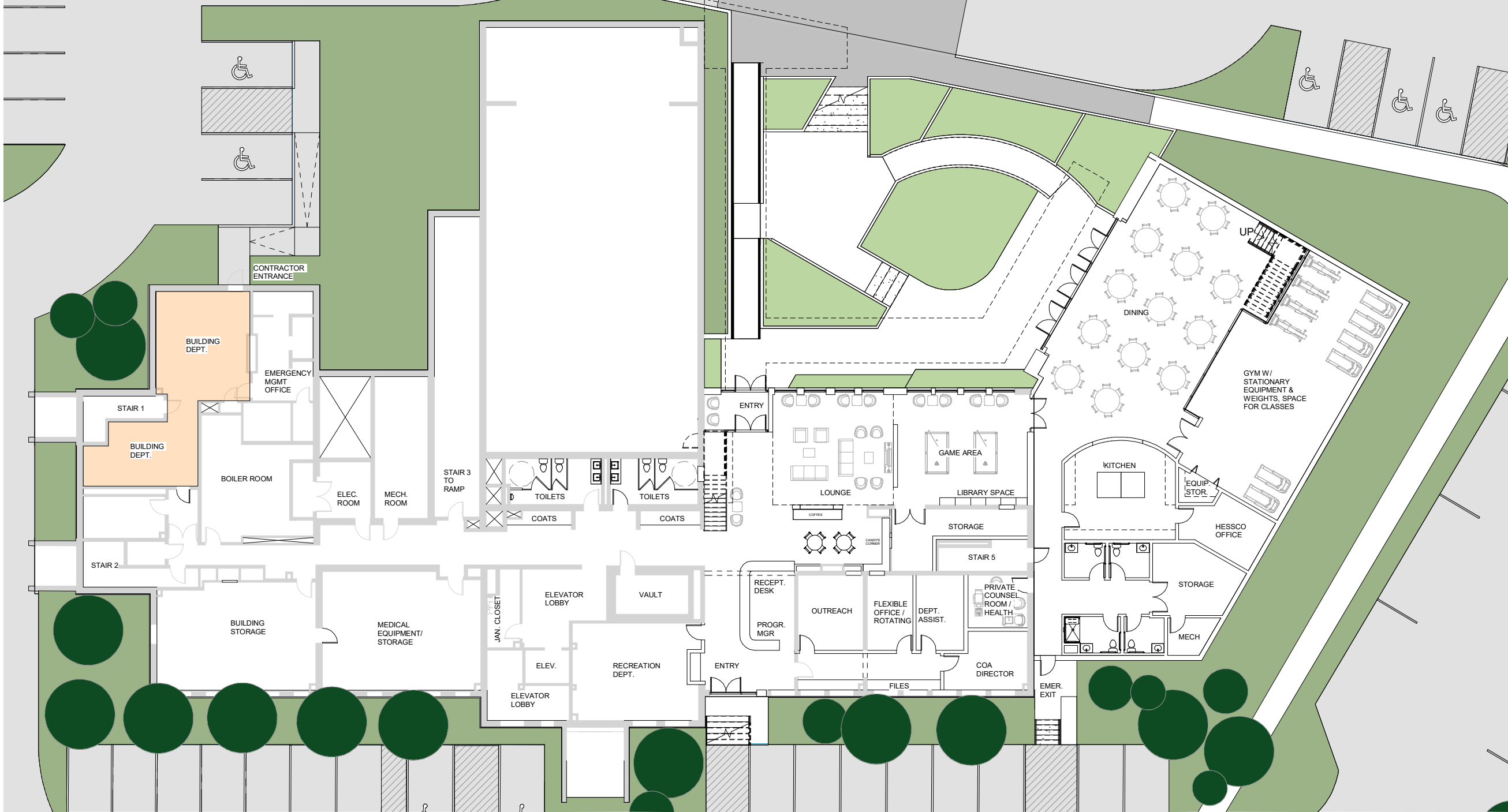
# CONCEPTUAL DESIGNS - OPTION 1 - VETERAN'S MEMORIAL BUILDING



SITE PLAN



FIRST FLOOR PLAN



GROUND FLOOR PLAN



# CONCEPTUAL DESIGNS - OPTION 1 - VETERAN'S MEMORIAL BUILDING



3D VIEW - BIRDS EYE VIEW



3D VIEW - EXTERIOR



3D VIEW - INTERIOR DINING



3D VIEW - INTERIOR LOUNGE



# CONCEPTUAL DESIGNS - OPTION 2 - CASSIDY FARM



SITE PLAN



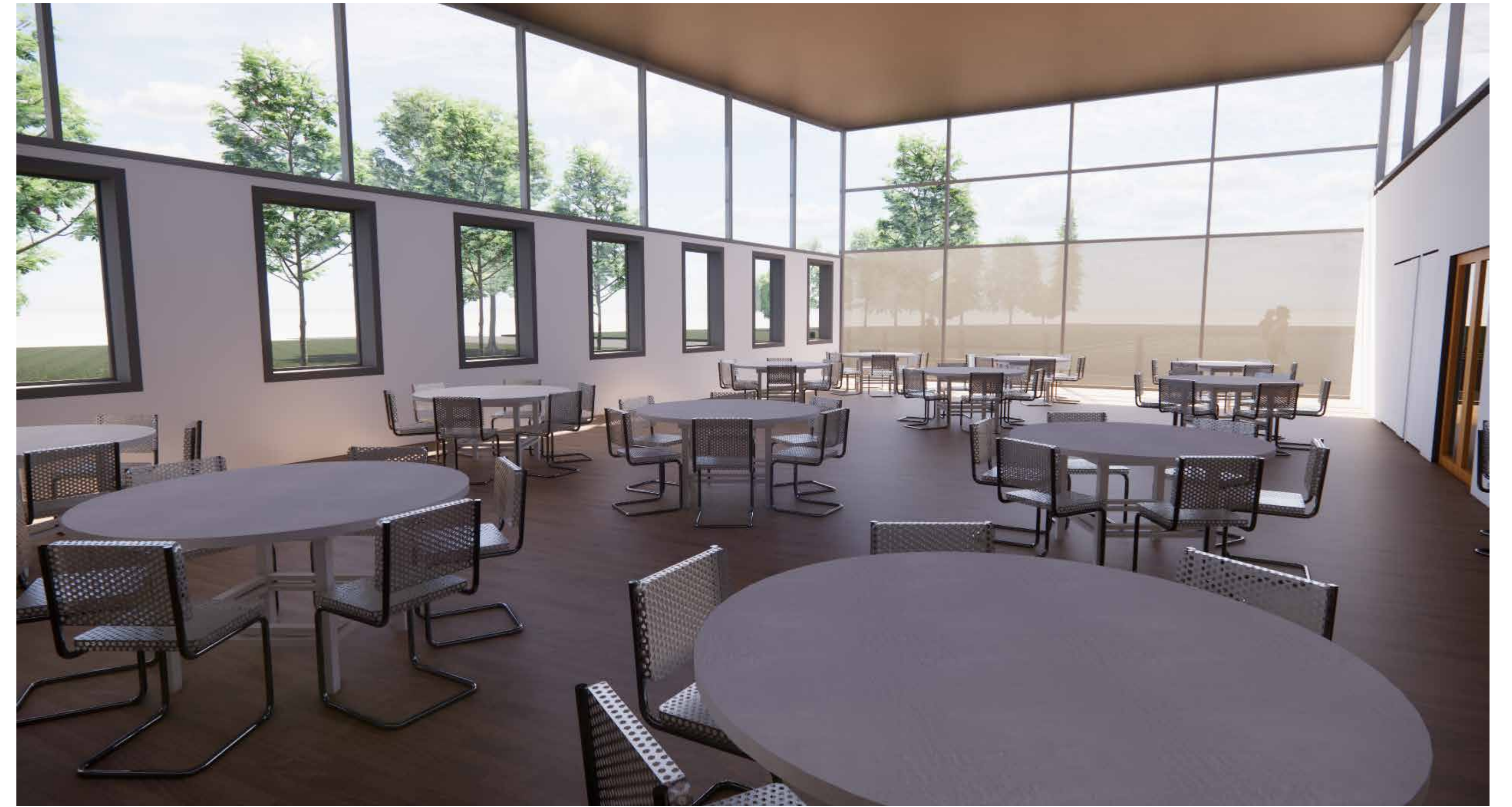
GROUND FLOOR PLAN



# CONCEPTUAL DESIGNS - OPTION 2 - CASSIDY FARM



3D VIEW - BIRDS EYE VIEW



3D VIEW - INTERIOR DINING



3D VIEW - EXTERIOR



3D VIEW - INTERIOR LOUNGE



# CONCEPTUAL DESIGNS - OPTION 2A - CASSIDY FARM W/ GYM



SITE PLAN



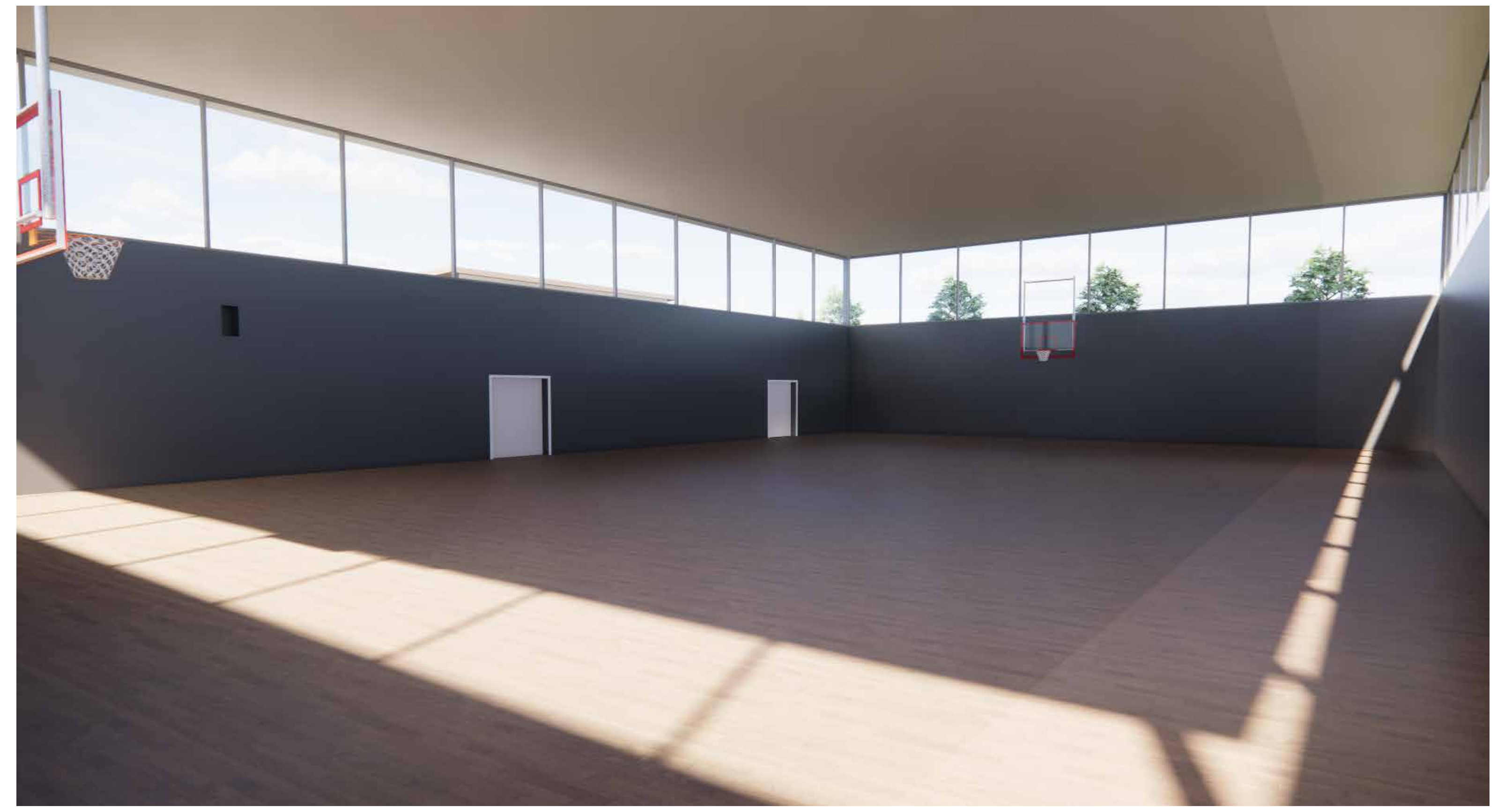
GROUND FLOOR PLAN



# CONCEPTUAL DESIGNS - OPTION 2A - CASSIDY FARM W/ GYM



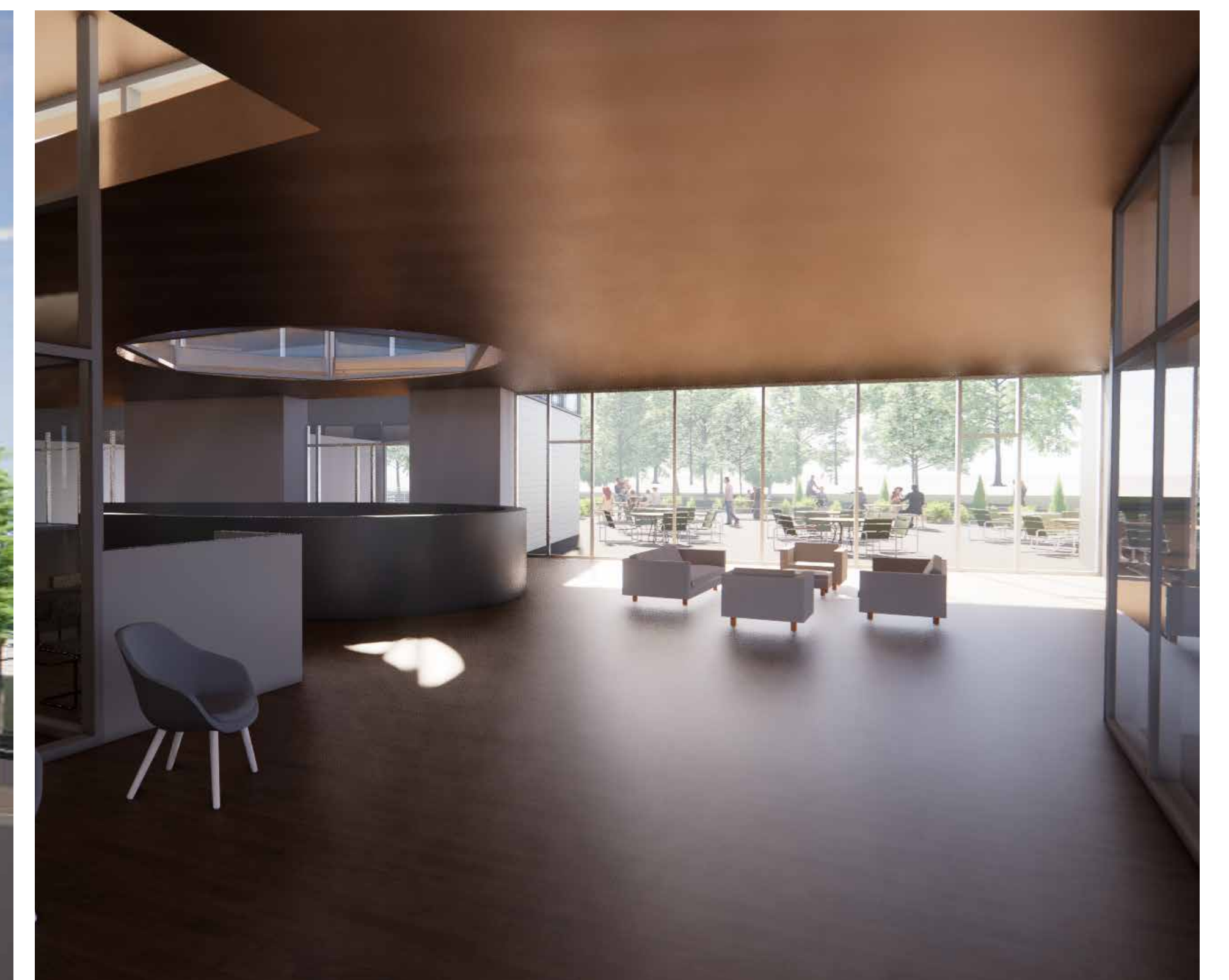
3D VIEW - BIRDS EYE VIEW



3D VIEW - GYM



3D VIEW - EXTERIOR



3D VIEW - INTERIOR LOUNGE



## PROS & CONS PER OPTION

### OPTION 1

#### PROS:

Located in the center of town and within the existing community center.

Makes use of existing facilities, requiring less new construction.

New construction and site improvements gets the current facility “out of the basement”.

#### CONS:

Relocation of CoA operations during the 16 month construction period.

### OPTION 2

#### PROS:

New construction.

More outdoor space for:  
Walking trails  
Community garden

No disruption of CoA operations during construction.

#### CONS:

Not centrally located to other town services.

Higher construction cost.

### OPTION 2A

#### PROS:

Expanded recreation facilities for pickleball, volleyball, basketball, especially during winter months and inclement weather.

Facilities could be available to the entire community with careful planning and coordination with other departments.

#### CONS:

Additional construction and operating costs.



## PRELIMINARY COST SUMMARY

COMPARES PROJECT LOCATION, TYPE, SIZE & COST

Option	Description	Gross Square Footage	Total Cost
1 - VMB	Reno and Addition	14,855 GSF	\$15,500,000
2 - Cassidy Farm	New Construction	15,000 GSF	\$16,000,000
2A- Cassidy Farm w/ Gym	New Construction	+ 7400 GSF	Combined with building \$21,000,000

*Assumes construction start in Fall of 2023*



## TAX IMPACT: OPTION 1 - VMB - \$15.5M

Average yearly increase to existing tax bill for 30-year bond\*

Assessed Property Value	Average yearly increase to existing tax bill for 30-year bond*	Range of yearly increase to tax bills (higher in early years of repayment, lower in later years)
\$462,618 - avg. value	\$258	\$355/yr. decrease to \$162/yr.
\$550,000	\$306	\$422/yr. decrease to \$192/yr.
\$650,000	\$362	\$498/yr. decrease to \$227/yr.
\$750,000	\$418	\$575/yr. decrease to \$262/yr.
\$850,000	\$473	\$652/yr. decrease to \$297/yr.
<b>* \$15.5 million bond at fixed 4.25% interest rate over 30 yrs.; equal principal payments.</b>		

Additional annual operating cost tax impact:

@\$150,000	\$45.13/yr	\$3.76/mo
@\$300,000	\$90.26/yr	\$7.52/mo



## TAX IMPACT: OPTION 2 - CASSIDY FARM - \$16M

Average yearly increase to existing tax bill for 30-year bond\*

Assessed Property Value	Average yearly increase to existing tax bill for 30-year bond*	Range of yearly increase to tax bills (higher in early years of repayment, lower in later years)
\$462,618 - avg. value	\$266	\$366/yr. decrease to \$166/yr.
\$550,000	\$316	\$435/yr. decrease to \$198/yr.
\$650,000	\$374	\$514/yr. decrease to \$234/yr.
\$750,000	\$431	\$593/yr. decrease to \$270/yr.
\$850,000	\$489	\$671/yr. decrease to \$305/yr.
<b>* \$16 million bond at fixed 4.25% interest rate over 30 yrs.; equal principal payments.</b>		

Additional annual operating cost tax impact:

@\$150,000	\$45.13/yr	\$3.76/mo
@\$300,000	\$90.26/yr	\$7.52/mo



## TAX IMPACT: OPTION 2A - CASSIDY FARM W/ GYM - \$21M

Average yearly increase to existing tax bill for 30-year bond\*

Assessed Property Value	Average yearly increase to existing tax bill for 30-year bond*	Range of yearly increase to tax bills (higher in early years of repayment, lower in later years)
\$462,618 - avg. value	\$350	\$479/yr. decrease to \$220/yr.
\$550,000	\$415	\$570/yr. decrease to \$261/yr.
\$650,000	\$491	\$673/yr. decrease to \$308/yr.
\$750,000	\$566	\$777/yr. decrease to \$356/yr.
\$850,000	\$642	\$880/yr. decrease to \$403/yr.
<b>* \$21 million bond at fixed 4.25% interest rate over 30 yrs.; equal principal payments.</b>		

Additional annual operating cost tax impact:

@\$150,000	\$45.13/yr	\$3.76/mo
@\$300,000	\$90.26/yr	\$7.52/mo



## EXPLORING CONCEPTS

### **WALK AROUND TO REVIEW EACH OPTION**

- Choose the location of your interest to start
- You can switch between options

### **DISCUSS AND RECORD YOUR THOUGHTS**

- Provide any comments or questions via post-it notes.
- Use 1 green post-it (for Pros) & 1 pink post-it (for Cons) per option
- These comments will be used to guide follow-up group discussion and will be transcribed afterwards for record.

### **IDENTIFY YOUR PREFERRED OPTION**

- Vote for your preferred option via the handout ballot
- Hand it in at the end of the meeting



## NEXT STEPS

- Consensus selection presented to Select Board by September for action at November town meeting

**THANK YOU!! FOR MORE INFORMATION, USE THE LINKS & QR CODES BELOW:**



### **Millis Senior Center Feasibility Study Report:**

[https://www.millisma.gov/sites/g/files/vyhlf901/f/pages/millis\\_senior\\_center\\_feasibility\\_study\\_-\\_final\\_report\\_april\\_2022.pdf](https://www.millisma.gov/sites/g/files/vyhlf901/f/pages/millis_senior_center_feasibility_study_-_final_report_april_2022.pdf)



### **Millis Senior Center Information Poster:**

[https://www.millisma.gov/sites/g/files/vyhlf901/f/uploads/one\\_page\\_coa\\_facts\\_dj\\_4-21\\_v2.pdf](https://www.millisma.gov/sites/g/files/vyhlf901/f/uploads/one_page_coa_facts_dj_4-21_v2.pdf)



### **Millis Senior Center Focus Groups Dates & Times:**

<https://www.millisma.gov/council-aging/news/millis-senior-center-focus-groups-come-join-ask-questions-and-give-feedback>