

COMMISSION ON AGING PROGRAMMING SUB-COMMITTEE
MINUTES OF JULY 13, 2018

Attendance: George Guidera, Marilyn Place, Anne Rothstein, Barbara Bloom, Anna Wiedemann
Public: Matt Ariniello, Larry Passero, Gary Macrae, Ned Simpson

Discussion around new programs. Attached is a chart Anne Rothstein put together that shows what programs are offered at other Centers as well as ours.

Ms. Bloom asked if we could get a chart that shows what programs are in what rooms. Ms. Place had been asked to bring two weeks of data – a report that shows what current programs are currently in place, what rooms and how many people attended each program on a daily basis. We received (attached) a list for one week, what rooms are currently being used by what program but we did not receive a list of how many attended each program on a daily basis. This will be helpful in looking at current programs and perhaps enhancing them, either as Ms. Place had originally suggested, by tweaking the name or revisiting the type of program. Another good reason why new programs are needed because the SC is not well attended as shown on the attached Event Statistics. Duplicated and Unduplicated mean that when people come in and use their fob, they can choose to do a number of programs that day. This is then noted as Duplicated. Folks who only attend one program are Unduplicated. Any and all new and current programs would be for all seniors. When other Senior Centers offered new programs the “younger” seniors attended but the seniors who attended on a regular basis, enjoyed these new programs as well. Ms. Place stated that union rules dictate how many hours an employee works. Ms. Wiedemann asked if this meant a specific time, i.e. 8-4 or could it be any time frame as long as the hours equaled what the employee is supposed to work. Ms. Place said any hours. Not being locked into specific times could be beneficial in trying to host different and new programming that might happen at 5 or 6pm or on a Saturday or Sunday afternoon. We need to maximize space and utilize employees to stagger their hours to help achieve this.

Mr. Ariniello said we need to see what programming would look like. Then he asked if we knew what the role of the new part time position to be hired when the new SC opens? We need to look at programs, spacing needs and staffing. Mr. Ariniello talked about collaborating with the Senior Center and Community Center to see what programs go where. He said once a program coordinator is hired for the CC, it will become easier to envision. We need to start planning rooms now.

Ms. Place said 500 the SC has 500 paid members, but most are not active members. 90% of the people with the Key Fobs are good to go. Roughly 10% are a little intimidated. Out of 521 Key Fobs, 138 have been given out. The fiscal year is July 1 to June 30, so more people are coming in to the SC to renew their membership and are given their Fobs at that time.

Mr. Guidera asked Mr. Rosenblatt to come speak about a program suggestion he had. Mr. Rosenblatt talked about a music program that could be seen on a large tv with good speakers/sound system that would allow a group to see Operas, concerts, etc. He felt we need a room with the proper equipment. He will look into this. Mr. Ariniello expressed that we don't necessarily need to devote an entire room to this, he said we could easily move things (chairs, etc.) in and out for such events. Most of the sub-committee members felt this would be a good way to also introduce the younger generation to great music.

Mr. Guidera also referred to the list of programs Rev. Leo McIlrath gave to us for ideas where he was “thinking outside the box”. A lot of these programs could be offered for a nominal fee or even be free. Ms. Wiedemann broke the list down and sent it to a variety of organizations. Park and Rec, Charter/Spectrum, the Faith Community, etc. Attached is a syllabus from Charter outlining a “Senior/Community Center Activity: Video

Production Class". Mr. Greg Van Antwerp | Community Access Supervisor for Charter/Spectrum was thrilled we reached out to him. There is a gold mine of resources in our community. We will continue reaching out.

Ms. Place said she is getting phone calls from grandparents who are raising their grandchildren. They are looking for a support group. Ms. Wiedemann will reach out to various agencies to see what can be offered at the SC.

Mr. Ariniello told the group he is doing a bi-monthly communication report and suggested the SC begin doing the same thing. Mr. Guidera will assist Ms. Place in getting this done so that information is communicated out to the public on a regular basis. Mr. Ariniello also talked about looking into a walking group. When Mr. Ariniello had a walking group through the SC in the past, it also provided great socialization. He will look into this in conjunction with the Silver Sneakers program. Mr. Ariniello explained that they are looking at Green Space and a patio for the CC and that there will be one custodian for the entire building utilizing shared services. Public Works will pay a portion and the SC/CC will pay a portion.

Ms. Wiedemann asked if the current SC is accredited and what is the benefit of being accredited? Ms. Place said preference for grants and other things are given to accredited Senior Centers. Ms. Wiedemann will reach out to our representative Mr. Bolinsky to see how many other SC's are accredited and what is involved in become accredited. If he doesn't know, perhaps he can steer us in the right direction. The Director is the one who applies for accreditation.

Discussion around renaming the SC – a suggestion was made by Mr. Passero to offer an incentive. Perhaps offer free membership. Ms. Place thought offering a lifetime membership would be a good idea.

Ms. Place said instructors are not easy to find. All must be certified before being hired.

Mr. Guidera said we need to identify programs that would bring 3 generations together. Having such close proximity to the CC should make this easier to do. Ms. Place said she is hosting a Lunch and Learn on August 31st. She will have the survey there. Mr. Ariniello said having folks fill out surveys before they leave an event, rather than sending out surveys would garner more responses. Ms. Wiedemann will check with Brian Leidline, what groups used ipads at various functions for folks to fill out a survey many years ago. She will try to find out where those ipads went and if they can be used for the survey Ms. Place created.

Shelton, Woodbury, Oxford, Monroe have usable good space. New Fairfield and New Milford may be closer in budget to us. Mr. Guidera reminded us that we are going to Shelton Senior Center on Thursday, July 19th at 10am. Ms. Bloom will line up visits to more centers in the near future.

Next meeting, Friday, August 17 at 4:00pm at the Municipal Center in the Council Chambers.

Meeting adjourned: 3:30

Respectfully submitted, Anna Wiedemann

Event Statistics from 07/01/2018 to 07/31/2018

Filters:

Age: >=0

Site(s): All

7/13/1

Category	Duplicated	Unduplicated	60 and Over Guests	Under 60 Guests	Hours	Tickets
Classes/Workshops	58	34	0	0	90.00	0
Health Screenings	2	2	0	0	2.00	0
Health/Fitness	256	73	0	0	238.00	0
Nutrition	66	26	0	0	198.00	0
Off Site Excursions	7	7	0	0	25.08	0
Recreation/Entertainment	9	6	0	0	17.00	0
Social Activity/Event	80	33	0	0	393.50	0
Socializing	130	73	0	0	1,440.00	0
Special Groups	30	20	0	0	30.00	0
Volunteer Opportunities	1	1	0	0	13.50	0
Total Event Signins	639	127	0	0	2,447.08	0
Total Swipes	343	128				

128 Week

Events for the week of:

Sunday, July 8, 2018 - Friday, July 13, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
7/9/2018	7/10/2018	7/11/2018	7/12/2018	7/13/2018
.Socializing/Just Visiting 7:00 AM-7:00 PM Center Wide; Cards 9:00 AM-4:00 PM Multipurpose Room; Flex & Fit 9:00 AM-10:00 AM Multipurpose Room; video exercise 2 9:30 AM-10:30 AM Multipurpose Room; Womens Discussion Group 11:00 AM-12:00 PM Multipurpose Room; Lunch 12:00 PM-1:00 PM Multipurpose Room; Yoga 1:00 PM-2:00 PM Exercise 2/Social; Ballroom Dance Lessons 2:00 PM-3:00 PM Multipurpose Room;	.Socializing/Just Visiting 7:00 AM-7:00 PM Center Wide; Cards 9:00 AM-4:00 PM Multipurpose Room; Morning Meditation 9:00 AM-10:00 AM Exercise 1/Piano; Art in the Atrium 10:00 AM-12:00 PM Sun Room; Chair Pilates 10:15 AM-11:15 AM Exercise 1/Piano; Hot Topics 10:30 AM-11:30 AM Multipurpose Room; Lunch 12:00 PM-1:00 PM Multipurpose Room; Qi Gong 12:45 PM-1:45 PM Exercise 2/Social;	.Socializing/Just Visiting 7:00 AM-7:00 PM Center Wide; Cards 9:00 AM-4:00 PM Multipurpose Room; video exercise 2 9:30 AM-10:30 AM Multipurpose Room; Zumba 9:30 AM-10:30 AM Multipurpose Room; Fitness Fury 10:45 AM-11:30 AM Multipurpose Room; Lunch 12:00 PM-1:00 PM Multipurpose Room; ice cream social 1:00 PM-2:00 PM Multipurpose Room; Game On 2:00 PM-4:00 PM Multipurpose Room;	.Socializing/Just Visiting 7:00 AM-7:00 PM Center Wide; Cards 9:00 AM-4:00 PM Multipurpose Room; Inter-generational programs 10:00 AM-11:30 PM Multipurpose Room; Cultural History Discussion 10:30 AM-11:30 AM Multipurpose Room; Lunch 12:00 PM-1:00 PM Multipurpose Room; Mandala Adult Coloring 1:00 PM-2:00 PM Multipurpose Room; Yoga 1:00 PM-2:00 PM Exercise 2/Social; Blood Pressure 1:30 PM-2:30 PM Card Room;	Build Your Own History Books 12:00 AM-2:00 PM Multipurpose Room; Hot Dog Luncheon 12:00 AM-1:00 PM Multipurpose Room; Lunch and Learn 12:00 AM-2:00 PM Multipurpose Room; .Socializing/Just Visiting 7:00 AM-7:00 PM Center Wide; Cards 9:00 AM-4:00 PM Multipurpose Room; video exercise 2 9:30 AM-10:30 AM Multipurpose Room; Mah Jong 10:00 AM-12:45 AM Exercise 1/Piano; Fitness Fury 10:45 AM-11:30 AM Multipurpose Room;

7/9/2018				
7/10/2018	Tech Tuesdays 1:00 PM-2:00 PM Multipurpose Room; Poker 1:30 PM-4:00 PM Card Room; Tai Chi 2:00 PM-3:00 PM Exercise 2/Social; Chair Yoga 3:00 PM-4:00 PM Exercise 1/Piano;	7/11/2018		
7/12/2018	Barn Dancing 2:00 PM-3:00 PM Multipurpose Room; Strength training 2:30 PM-3:30 PM Exercise 1/Piano; GAMES 3:00 PM-4:00 PM Exercise 2/Social;	7/13/2018	sewing/quilting 11:00 AM-2:00 PM Sun Room; Knitting 12:00 PM-2:00 PM Exercise 1/Piano; Lunch 12:00 PM-1:00 PM Multipurpose Room; Canasta 1:00 PM-4:00 PM Multipurpose Room; Chair Yoga 3:00 PM-4:00 PM Exercise 1/Piano;	



Town of
Newtown
Connecticut
Friday, July 13, 2018
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Time	Event	Room
12:00 AM to 2:00 PM	Lunch and Learn	Multipurpose Room;
12:00 AM to 1:00 PM	Hot Dog Luncheon	Multipurpose Room;
12:00 AM to 2:00 PM	Build Your Own History Books	Multipurpose Room;
7:00 AM to 7:00 PM	.Socializing/Just Visiting	Center Wide;
9:00 AM to 4:00 PM	Cards	Multipurpose Room;
9:30 AM to 10:30 AM	video exercise 2	Multipurpose Room;
10:00 AM to 12:45 AM	Mah Jong	Exercise 1/Piano;
10:45 AM to 11:30 AM	Fitness Fury	Multipurpose Room;
11:00 AM to 2:00 PM	sewing/quilting	Sun Room;
12:00 PM to 1:00 PM	Lunch	Multipurpose Room;
12:00 PM to 2:00 PM	Knitting	Exercise 1/Piano;
1:00 PM to 4:00 PM	Canasta	Multipurpose Room;
3:00 PM to 4:00 PM	Chair Yoga	Exercise 1/Piano;

CTV, channel 192 SPECTRUM

Sample syllabus attached from Greg Van Antwerp | Community Access Supervisor, Charter Communications, Inc. | 11 Commerce Rd., Newtown, CT. 06470. Direct 203.304.4048 | Main 203.304.4050

Matt Ariniello – walking class/program

Anna Wiedemann:

- introduction to Italian
- diabetes prevention programs – Medicare will pay
- CTV Senior/Community Center Activity: Video Production Class

Amy Mangold/Roseanne Regiano, Park and Rec

- Intro to pickle ball
- Grandparents Day for the fall – family concert that would include one grandparent



Senior/Community Center Activity: Video Production Class

CTV-192 is the community television station managed by Charter Communications' serving a 14-town area in western CT. Community television is the opportunity for anyone in the Charter service area to produce or provide programming to CTV-192. In an attempt to increase participation and raise awareness of community television, we have established this activity which can be conducted on-site at a local community or senior center.

With advances in technology, the ability for anyone to create and share video is only limited by someone's desire. What is lacking is the training and guidance for acclimating those who are interested yet may not consider themselves tech-savvy. This training program can be paced so that anyone, no matter their experience level, can advance without fear of being left behind. Within a few classes they will learn how to capture the moving image, transfer it to a computer for editing, add titles, and finish it to a format suitable for airing and sharing.

The first step is to survey visitors to the community center for interest. Once 5-8 participants have expressed interest, a date for the first class can be scheduled. Here is a sample course syllabus:

Week 1: Orientation and familiarization with the purpose of the class.

- What is Public Access? - What is the goal of this Class?
- What is the commitment? - What will I learn?
- What do I need to bring to the next class?

Week 2

In this class, participants will learn about how a camera works – and how to hold it and place it on a tripod. Practice footage will be recorded and monitoring audio will be discussed. Each participant will get a turn recording and playing back images. Some discussion of "shooting to edit" will be explained. In this class, ideas will be discussed and the homework will be looking for a possible presentation (Lecture, Music performance, etc.) which can be taped.

Week 3

This class may be scheduled to coincide with the event/performance to be taped. If no event or schedule outside of class time can be arranged the participants may create something original from members in the class or possibly arranging an interview with a staffmember or each other. The goal is to have something to edit for the next class.

Week 4

Editing. This class will demonstrate how recorded footage is transferred to the computer and how the video and audio clips can be arranged and adjusted to maximise and hold the viewers' interest. Each participant will take a turn moving clips, adding transitions, and creating titles. This class concludes with the publishing of the video to a DVD and submission to CTV-21 for airing.

Week 5

This is an opportunity for the group to host a viewing party, either timed as the program airs, or by having a special viewing on DVD in an open invitation for community center staff and other participants to celebrate the group's success.

This course is designed so that it can be taught in consecutive days or held weekly or monthly. Upon completion all participants will be encouraged to use the CTV-192 production facility located in Newtown. Future classes may be scheduled but are subject to availability of staff and equipment. All equipment and blank media for the course will be provided by CTV-192 staff. There is no cost for this program. Participants are also welcome to use their own cameras if they prefer.

11 Commerce Road | Newtown, Connecticut | 06470
www.goctv192.com | tel: (203) 304-4050 |
email: CTV192@charter.com

Summary of Senior Center Programs by Center/Type of Program/Description			
Center	Type	Title	Description
Newtown	Exercise, Health, Fitness	Ballroom Dance	Ballroom Dancing Lessons - Learn/practice familiar dance steps to great music
Newtown	Exercise, Health, Fitness	Yoga	Focus on Stretching, breathing and listening to your body. Bring your mat
Newtown	Exercise, Health, Fitness	Tai Chi	Encourages balance, subtle flexibility, body awareness, stress reduction and agility
Newtown	Exercise, Health, Fitness	Morning Meditation	Stress reduction, cardiovascular health, increased happiness, calmness
Newtown	Exercise, Health, Fitness	Chair Pilates	Chair based fitness program to improve balance and posture. Spinal flexion, side stretching with bands. Increase strength
Newtown	Exercise, Health, Fitness	Chair Yoga	Exercise geared for those who have knee and/or hip limitations. Flexibility, strength and balance
Newtown	Exercise, Health, Fitness	Qi Gong	Easy to learn gentle postures. Improve balance by toning and strengthening muscles of the lower body as well as core muscles
Newtown	Exercise, Health, Fitness	Strength Training	Strength, shape and tone the whole body. Improve flexibility, balance and posture
Newtown	Exercise, Health, Fitness	Flex, Fitand Tone	Conditioning class using weights, bands and balls to strengthen and stretch the entire body
Newtown	Exercise, Health, Fitness	Fitness Fury	Uniquely designed energetic fitness program
Newtown	Exercise, Health, Fitness	Zumba Gold	Choreography focused on balance, range of motion and coordination
Newtown	Exercise, Health, Fitness	Video Exercise	Build fitness through exercising along with videos
Newtown	Dance	Barn Dancing	Traditional square and folk dancing. Circles, squares and line dancing
Newtown	Learn/Socialize	Knitting Circle	Begin or finish a knitting project. Learn new patterns/stitches
Newtown	Learn/Socialize	Intergenerational	Engage with children from the CAC. Read to/with, do crafts, join in activities
Newtown	Learn/Socialize	Men's Breakfast Club	Have breakfast and engage with friends, meet new people, talk about what is important to you
Newtown	Learn/Socialize	Keno	Active gaming and socializing
Newtown	Learn/Socialize	Hot Topics	Explore issues of the day; ongoing discussion of what's going on in Newtown.
Newtown	Learn/Socialize	Mandala/Adult Coloring	Explore the new anti-stress activity for adults
Newtown	Learn/Socialize	Art Class	Socialize, relax and create an art project
Newtown	Learn/Socialize	Poker Group	Always room for new poker players to join a friendly and challenging game
Newtown	Learn/Socialize	Chicken Soup for Soul	Women's discussion group for recipes, issues, concerns and ideas
Newtown	Learn/Socialize	Game On	Any game you like is available: scrabble, ping pong, shuffle board, Password, Pinochle
Newtown	Learn/Socialize	NSC Book Club	Read a book as a group and meet to share themes, ideas.
Newtown	Learn/Socialize	Bible Study Group	Participate in a collective understanding of the bible and what it means for today
Newtown	Learn/Socialize	Popcorn and Movie	Newer movies will be shown; check for schedule
Newtown	Learn/Socialize	Spanish Lessons	Learn a new language or renew a language you studied or spoke but need to refresh
Newtown	Learn/Socialize	Canasta	Play all forms of Canasta in a group setting.
Southbury	Exercise, Health, Fitness	Aerobics	This is a low impact senior aerobics class that works the whole body. We begin with a warm up and continue on with twenty minutes of fun aerobics done to music
Southbury	Exercise, Health, Fitness	Beginners Jazz	dance movements can be modified to accommodate physical limitations. Jazz steps and combinations will be taught and when ready, dancers will be taught a dance routine to music.
Southbury	Learn/Socialize	Bingo	Share a fun afternoon of Bingo. Regular and special games

Summary of Senior Center Programs by Center/Type of Program/Description			
Center	Type	Title	Description
Southbury	Exercise, Health, Fitness	Blood Pressure Screenings	Free Blood Pressure checks by nurses
Southbury	Nutrition	Café	balanced, nutritious lunch prepared by Watermark chefs and is funded by Western CT Area Agency on Aging, CT Community Foundation and donations. Café is open to all seniors. Some of the produce served is grown locally at area farms. All meals include fresh baked rolls or bread. The suggested donation ranges from \$3.50 - \$5.00. Seniors may give less than \$3.50 or more than \$5.00. Reservations are required. Call the center for more information.
Southbury	Exercise, Health, Fitness	Chair Yoga	We balance energetic flowing sequences guided by breath with gentle stretches, guided relaxation and healing imagery.
Southbury	Learn/Socialize	Coffee with First Selectman	Jeff is eager for you to share your thoughts, hear your concerns, and answer questions about Southbury and our local government. We welcome you to join us for this casual and informal round table discussion.
Southbury	Exercise, Health, Fitness	Fit and Flex	This is a low intensity tone and flexibility class. Each student uses their own Pilates stretch band with mild to moderate strength and flexibility. We also use a ball (provided) while seated to work our core. This class focuses on every muscle group in the body.
Southbury	Service	Hair Cuts	Comfortable clothing, sneakers and "playground" ball are needed.
Southbury	Exercise, Health, Fitness	Hearing Screenings	Local hairstylists offer haircuts at the Center on various days of the week. Men's haircuts are \$10 and women's haircuts are \$15. Appointments are necessary.
Southbury	Learn/Socialize	Knit and Crochet Group	Hearing Aid Specialists of CT offers free hearing screenings in addition to cleaning of hearing aids. Appointments are necessary.
Southbury	Advice	Legal Appointments	This is a fun and informal knit and crochet group. The group works on individual and group projects. Some projects are made specifically to be donated to the community. All skill levels are welcome.
Southbury	Learn/Socialize	Library on a Cart	Peri Swaniger, attorney-at-law, volunteers once a month to answer legal questions that you may have. This visit is intended as a one-time, 15 minute, initial consultation.
Southbury	Exercise, Health, Fitness	Line Dancing	The library cart will be at the Senior Center allowing members to sign out books and apply for a library card.
Southbury	Learn/Socialize	Mah-Jongg	Line Dancing takes steps from the Waltz, Merengue, Tango, Cha Cha, Rhumba, and Fox Trot. It is great fun and great exercise. You should wear felt or leather bottomed shoes.
Southbury	Exercise, Health, Fitness	Muscle Tone	Come and play this ancient Chinese tile game. All skill levels are welcome.
Southbury	Learn/Socialize	Page Turner's Book Club	You must be comfortable with getting onto the floor. The class starts out with a warm up, ten to fifteen minutes of core work and the upper half of the body and moves on to the floor to work the legs, back and stomach and then we do a cool down. You must bring weights (1-2 lbs.) and a mat.
Southbury	Exercise, Health, Fitness	Pilates	If you love to read, you'll love the Page Turner's Book Club!
Southbury	Exercise, Health, Fitness		This class involves exercises done on a mat in either a sitting or lying down position. This class is designed to build strength, improve flexibility and develop core muscles.
Southbury	Exercise, Health, Fitness		Comfortable clothing, socks and yoga mats are required.

Summary of Senior Center Programs by Center/Type of Program/Description			Description
Center	Type	Title	
Southbury	Learn/Socialize	Pinochle	Do you play Pinochle? Join in the fun and enjoy one of the country's most popular card games! The classic combination of bidding, melding, and trick-taking!
Southbury	Learn/Socialize	Rummikub	Novice or expert, come down and enjoy this fun tile-based game.
Southbury	Learn/Socialize	Quilting	The class works on projects throughout the year, including making things for the community. They welcome beginners and advanced students.
Southbury	Learn/Socialize	Sing A Long	Join us for a fun hour of singing along to your favorite songs played on the piano. All members are welcome!
Southbury	Dance	Square Dancing	This class is open to couples and singles, beginners and old pros. Beginners are taught calls such as Do Si Do, Swing, Promenade, Ladies Chain, Stars, Split the Ring, Grand Square and more. Experienced dancers can expect favorite moves such as the T-Cup Chain and Explode the Wave. At least one line dance is taught each week. Clothing should be comfortable and low heeled shoes (non-marking) should be worn.
Southbury	Exercise, Health, Fitness	Strengthen and Tone	This class uses light weights (2-3 lbs) to strengthen and tone your body. It is a total body workout focusing on all the major muscle groups. Please bring your own weights.
Southbury	Sports	Table Tennis	All levels are welcome to play.
Southbury	Exercise, Health, Fitness	Tai Chi/Qigong	Tai Chi is a low impact ancient Chinese exercise program incorporating fluid motions and deep breathing designed for relaxation, balance and health. Qigong is a Chinese system of physical exercises and breathing control related to Tai Chi. Please wear comfortable clothing.
Southbury	Dance	Tap Dancing	A fun, learning experience! No experience is required. Class will be separated into beginners, intermediate, and advanced students. Each class will begin with a warm up. A chair may be utilized for balance, stability and comfort. Tap shoes and comfortable clothing required.
Southbury	Learn/Socialize	Tea with Director	Join Senior Center Director for an afternoon cup of tea. You will have the opportunity to talk with Tamath about a variety of subjects and get to know her better."
Southbury	Learn/Socialize	Veteran's Coffee Hour	Calling all Veterans! This gathering is open to all Veterans of the Southbury Community, so please join our Veterans' Liaison from Vitas Healthcare for our monthly Veteran's Coffee Hour. Coffee and pastries will be served.
Southbury	Exercise, Health, Fitness	Yoga	Hatha Yoga works with the body-mind connection, by slowing the mind, breath and body one becomes aware of thought patterns that create tension in the body. Hatha Yoga teaches one the art of deep relaxation by connecting to the breath, holding postures and meditation. A mat is required for this class.
Southbury	Exercise, Health, Fitness	Zumba Gold	This is a fun, effective Latin dance-based cardio class. You'll enjoy great Latin rhythms and dances such as merengue, salsa, cha cha, and more along with some rock and roll including the Twist and the Charleston. Zumba Gold with its motivating and fun music is a great total body workout that is great for the body and mind. You'll leave class feeling invigorated! Wear flexible dance shoes or sneakers and bring a bottle of water.
Darien	Exercise, Health, Fitness	Ballet for Seniors	Build balance, strength and fitness to beautiful music
Darien	Exercise, Health, Fitness	Dance for Health	

Summary of Senior Center Programs by Center/Type of Program/Description			
Center	Type	Title	Description
Darien	Exercise, Health, Fitness	Yoga	Deals with your whole being. Builds body fitness, calm mind and relaxation
Darien	Exercise, Health, Fitness	Tai Chi	Relaxation with focused breathing and coordinated slow gentle movement
Darien	Exercise, Health, Fitness	Body Essentials	Focuses on the core muscles of the body, uses weights, exercise bands, balls and ballet barre
Darien	Exercise, Health, Fitness	Jazzercise	Combines dance, resistance training, pilates, Yoga to create increased muscle strength, flexibility, balance and endurance using easy to follow movements
Darien	Exercise, Health, Fitness	Qi Gong	Movements performed either standing or sitting to relax the mind, improve physical balance, mental focus and clarity.
Darien	Exercise, Health, Fitness	Senior Sitting Fitness	Continuing to exercise, even seated, slows the aging process, increases muscle tone, improves balance and flexibility-reducing the risk of falling and injury
Darien	Exercise, Health, Fitness	Pickle Ball	A fun game played on a badminton court with a perforated plastic ball and wood paddles
Darien	Exercise, Health, Fitness	Sittercize	Remain fit with the aid of a chair. Full range exercise program while remaining seated
Darien	Exercise, Health, Fitness	Feldenkrais	Focused on developing your sitting time frame by alleviating back pain through various approaches
Darien	Exercise, Health, Fitness	Low Impact Aerobics	Low-impact aerobics raises your heart rate without joint trauma. Incorporates brisk walking. Enables you to exercise longer but still gain benefits
Darien	Exercise, Health, Fitness	Wii Bowling	Member of the National Senior Wii Bowling League. Compete against other US Senior Centers. Wii Bowling great fun and exercise.
Darien	Exercise, Health, Fitness	Silver Fit	Aerobics Class using chairs, weights, exercise bands. Work out to fun music of the 50's and 60's
Darien	Exercise, Health, Fitness	Zumba	Using different rhythms and beats from all over the world step to the music and build strength and flexibility
Darien	Exercise, Health, Fitness	Cardio Strengthening	Three part program to improve strength, flexibility and endurance
Darien	Exercise, Health, Fitness	Chair Yoga	Chair yoga helps to increase flexibility and strength. Improves balance and helps reduce stress
Darien	Exercise, Health, Fitness	Musical Flow Yoga	Begins with warm up exercises and then uses gentle flowing sequences set to beautiful music to build flexibility and strength and increase relaxation
Darien	Art and Crafts	Stained Glass	
Darien	Art and Crafts	Open Watercolor	
Darien	Art and Crafts	Oil Painting	
Darien	Art and Crafts	Acrylic Painting	
Darien	Art and Crafts	Community Knitting	
Darien	Art and Crafts	Garden Club	
Darien	Discussion Groups	Read and Tell	
Darien	Discussion Groups	Reminiscence, Remember	
Darien	Discussion Groups	Contemporary Issues	
Darien	Discussion Groups	Short Story	
Darien	Discussion Groups	Brain Twisters and Teasers	
Darien	Discussion Groups	Darien Library	

Summary of Senior Center Programs by Center/Type of Program/Description			
Center	Type	Title	Description
Darien	Discussion Groups	Great Decisions	
Darien	Discussion Groups	Historical Series	
Darien	Educational Classes	Writing Class	
Darien	Educational Classes	Conversational Spanish	
Darien	Educational Classes	Italian Class	
Darien	Educational Classes	Italian Conversation	
Darien	Educational Classes	Spanish	
Darien	Games	Newpicate Bridge	
Darien	Games	Intermediate Bridge Instruction	
Darien	Games	Mahjong	
Darien	Games	Fabulously Fun Dime Bingo	
Darien	Games	Bunco	
Darien	Games	Pinochle	
Darien	Services	AARP Safe Drivers	
Darien	Services	Ask a Lawyer	
Darien	Services	Blood Pressure Screenings	
Darien	Services	Caregivers Support Group	
Darien	Services	CT Dept of Veterans Affairs	
Darien	Services	Audiology Concierge	
Darien	Services	Woodshop Donation	
Darien	Services	Darien Human Services	
Darien	Services	Flu Clinic	
Darien	Services	Cardiovascular Screenings	
Darien	Services	Coffee with a cop	
Darien	Services	Ask A CPA	
Darien	Health and Wellness	Stamford Hospital Outreach	
Darien	Health and Wellness	Walgreens Pharmacy	
Darien	Health and Wellness	Connecticut Pharmacy	
Darien	Health and Wellness	A Matter of Balance	

Following up on the discussion Tuesday morning, I contacted Rich Farmington, Newtown Fire Marshal, compiled the room capacities and added some assumptions to suggest the number of programs to run the center at 80% utilization.

	Space	Sq. FT	Fire Marshal	Fire Marshal Tables	Fire Marshal Chairs	Weekly Program Capacity	Target Programs Per Week	Target Monthly Programs
1	Health/Wellness	1,150	49			20	16	64
2	Arts & Crafts - Wet	700		14		20	16	64
3	Arts & Crafts - Dry	700		14		20	16	64
4	Multi Purpose - B	1,170		78	167	20	15	60
5	Multi Purpose - C	730		38	83	20	15	60
6	Combined MP B & C	1,900		116	250		0.5	2
7	Total						79	314

Program Capacity

Open Hours per Weekday Day	8
Hours per Program (set-up, activity + cleanup)	2
Target Number of Programs % of Capacity	80%

Comments:

1. Target Number of weekly programs (79) are actual time slots for scheduling. If a program is three times a week, it would count as three, Two times a week as two. A program offered once a month would only be using .25 slots a week.
2. I assumed that the combined rooms B & C would only be used two times a month
3. The assumptions are, I think, generous. If there is greater demand there are many ways capacity could be expanded to offer even more programs
4. A separate spreadsheet is needed that has frequency of meeting by type of space, for each program to keep track of planned utilization
5. Anne Rothstein sent a spreadsheet comparing programs at a number of senior centers in the region. That spreadsheet showed 28 programs at Newtown Senior Center.
6. From Anne R spreadsheet (with some of my tweaking of Type)

Count of Type

Row Labels	Darien	Newtown	Southbury	Grand Total
Art and Crafts	6	1	2	9
Dance	1	2	3	6
Discussion Groups	8			8
Educational Classes	5	1		6
Exercise, Health, Fitness	15	11	11	37
Games	8	4	5	17
Health and Wellness	4			4
Learn/Socialize		9	6	15
Nutrition		1	1	2
Services	12	1	3	16
Grand Total	59	30	31	120

- ARTS (The) - Aging in place
- ANCESTRY (Library) - Automotive support
- (A) ASTRONOMY - AARP
- Attitude & Behaviors - Adult Educ.
- AVIARY - Architectural Interests
- Arbor - Aerobics
- Badminton - Agriculture
- BOCCIE - AA. ALONG
- Basketball - Around the World (AMCHAM TRAVEL)
- (B) Banner Making - Book Discussion
- Baking - local residents Bible Study
- Ball Rm Dance - Birthday cel's
- Band HS - Beading
- Bell Ringing - Bird watching
- Boating Lake - Bridge
- Bowling (Real & Wii) - Balance
- Board Games - Com on Aging
- Calorie Counting - Card Games
- Coin Collecting - Contemporary Issues
- Canning - Creative Writing
- Caring celebrities - CERAMICS
- Civics HS - Canoeing
- Coloring - Chess + checkers
- Countries (Geog.) - Cultural cuisine
- Cub Scouts - Choices (Help)
- COOKING - Cultural (+ inter-col.) Dialogue
- Costuming - caregiver support
- Couples (meeting) - Conversational Languages
- CHOIR - Coin Collecting
- CRAFTS - Computer Assist.
- Cable TV (seniority)
- Dog training
- Drama HS - Dementia (Is it or not?)
- DINING - DANCING
- (D) Driving (St Alive) AARP
- Difficult people (Dealing w/)
- Drawing & Water Coloring
- Diets & Nutrition
- Documentaries
- Drug counselling (and information)

- Educational Opportunities
- East vs West (comparisons)
- (E) Elder Law - Ecology
- EMOTIONS ANONYMOUS (EA)
- Energy Assistance
- Employment opportunities
- Flora and Fauna - Friends of SC
- Family supports
- (F) Fact checks on News Events
- Fans of sport, Music, Arts
- Farming Techniques - local farmers
- Films (from the past)
- Fads of the Generations
- Foster Parents
- Field trips - Fashions
- Games (for all ages)
- Gems - last jewelry
- GARDENING
- (G) Grand parents (Foster)
- Geography - (Cover the world)
- Ham Radio
- Hats off (past Head Gear)
- Hearing & other clinics
- (H) Health screening
- Home Improvement
- History (of U.S., world, Area)
- "How To" (professionals teaching)
- Housing options
- Hypnosis - Holiday celebration
- Humanities (the) in perspective
- Imaginations Running Wild!
- (I) Income Tax Assistance - AARP
- Improving memory - local
- Inter generational Dialogue
- Interfaith Dialogue - local
- Jeopardy - (Trivia)
- (J) Jam Sessions - local bands
- Jazz
- Job Bank
- Jogging with Friends
- (K) Karaoke
- Knitted Crochet, Quilting - local opportunities
- * Above: Friendly Visitors
- Flower Arrangements
- Fishing for fun
- Folk Dancing music
- Low-vision support Group - VNA
- (L) Laughter's Health Effects
- Local (lectures & Discussions on)

Mentoring

Movies of the Week

"Mediator (the) is the Message"

- (multiple forms of media)

Memory techniques + Games

Meditation

Massage therapy

Maps to Everywhere (Geog.)

Nursing Home Visitation

Native Americans;
our Ancestors

Municipal Agents

Moving to other housing

Medical Emergencies (Heimlich, CPR)

Newsletters

"Naysayers" + other Diff. people

"Neatness & Good order"

"Nutrition aids"

Outreach + Referrals

Probate Info

Philosophical Schools -

Piano (to learning)

Prescription Counseling

"Brown Bagging"

Public Speaking (Toastmasters)

Presidents of the US

Puzzle Solving (Games + life)

"Holistic Health"

"Home share"

[Add-ons]: Food Banks

"Historical or Hysterical"

fact checking legends

"Good Grief" - (Grief + Bereavement)

Quilting -

"Rummy Rube" (Like Dominoes)

Roaming the Trails (Hiking)

Rowing on the River

Reiki -

"Rags to Riches" - making things

Baking Leaves (for elders)

Reading to the young

"Real Life stories"

Shuffleboard - and other

Stamp collecting

Social studies (+ speakers)

Tai Chi - "Tapping"

Theater

Trips (to) wherever -

Transportation -

"Universal Design"
(Home changes for elders)

Volunteering

Veterans Affairs

Writing (creative and)

"Watch your language!" playing

Where in the World is/words.

- are we (Geography Disasters)

Woodworking

Widows & Widowers Support