TOWN OF MONTAGUE MASSACHUSETTS

Montague Senior Center: Building and Infrastructure Assessment

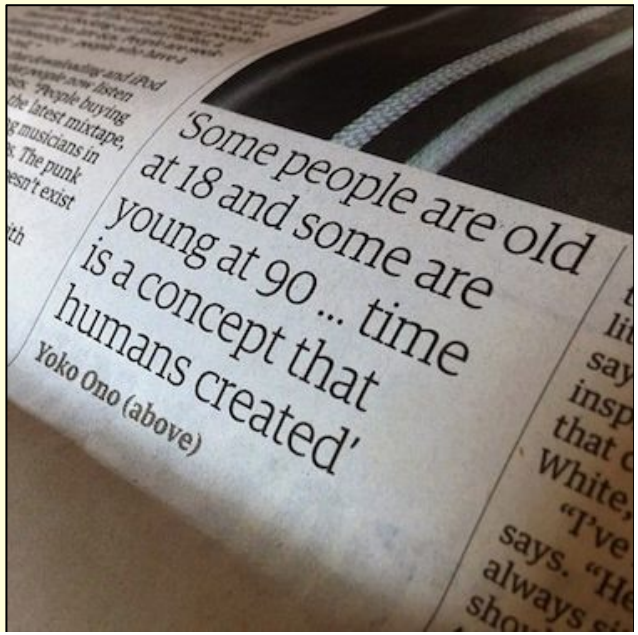
Public Discussion • 24 March 2015

Catlin + Petrovick Architects ©

Why a senior center?

The Cold Hard Facts…

- One in seven persons are 65 and older today. (40.3 million)
- It will be one in five in 2050. (90 million) - 183% increase!
- The "age wave" will (has) hit between 2010 and 2030
- 85+ population is expected to grow from 5.0 million today to 10.5 million in 2030 - a 110% increase!
- Baby boomers are going to live longer
- Baby boomers are going to stay put after retirement
- Communities need to be planning NOW for this "age wave".



Demographics

MONTAGUE	Census 2000	Census 2010	Projection 2015	Projection 2020	Projection 2025	Projection 2030
TOTAL POPULATION	8,438	8,437	8,490	8,561	8,566	8,472
Projected INCREASE 2000 to 2030						0.4%
School Age Population	2,111	1,804	1,532	1,438	1,345	1,237
% of Total Population	25.0%	21.4%	18.0%	16.8%	15.7%	14.6%
Projected DECREASE 2000 to 2030						-41.4%
60+ Population	1,696	1,921	2,307	2,709	3,050	3,200
% of Total Population	20.1%	22.8%	27.2%	31.6%	35.6%	37.8%
Projected INCREASE 2000 to 2030						88.7%

Catlin + Petrovick Architects ©

What does a senior center do for the Town?

Infrastructure of support

Catlin + Petrovick Architects ©

Staying Engaged

"What is driving the trend for new senior centers is the growing need of seniors to find a focal point in the community…In surveys, seniors say that loneliness is the greatest thing that impacts them. These centers fulfill a great unmet social need."

- Boston Globe

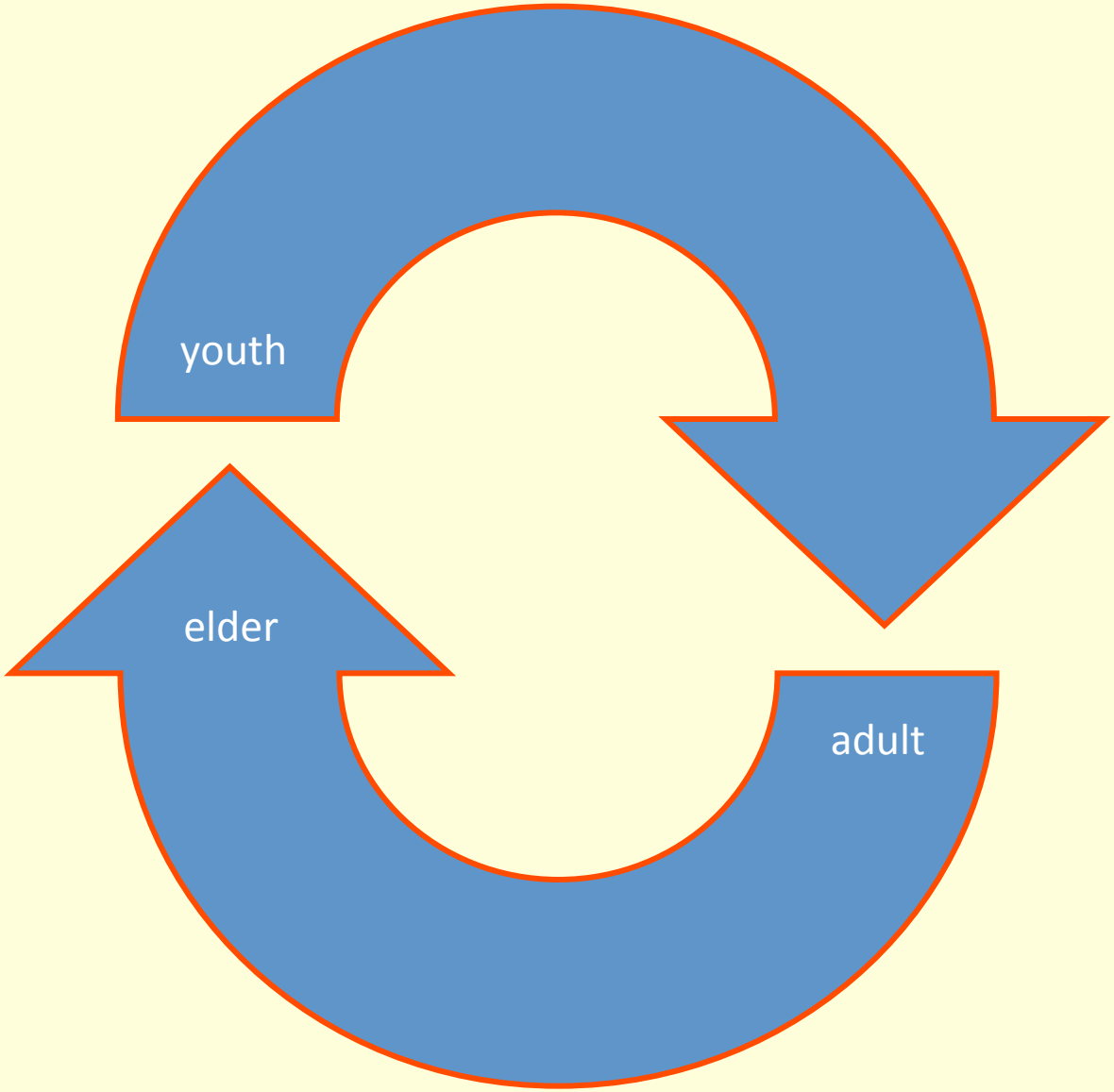
Staying Active

"Studies have shown that physical activity is the single most powerful health intervention available to improve the health status of older adults."

- NCOA - Partners in Care Foundation

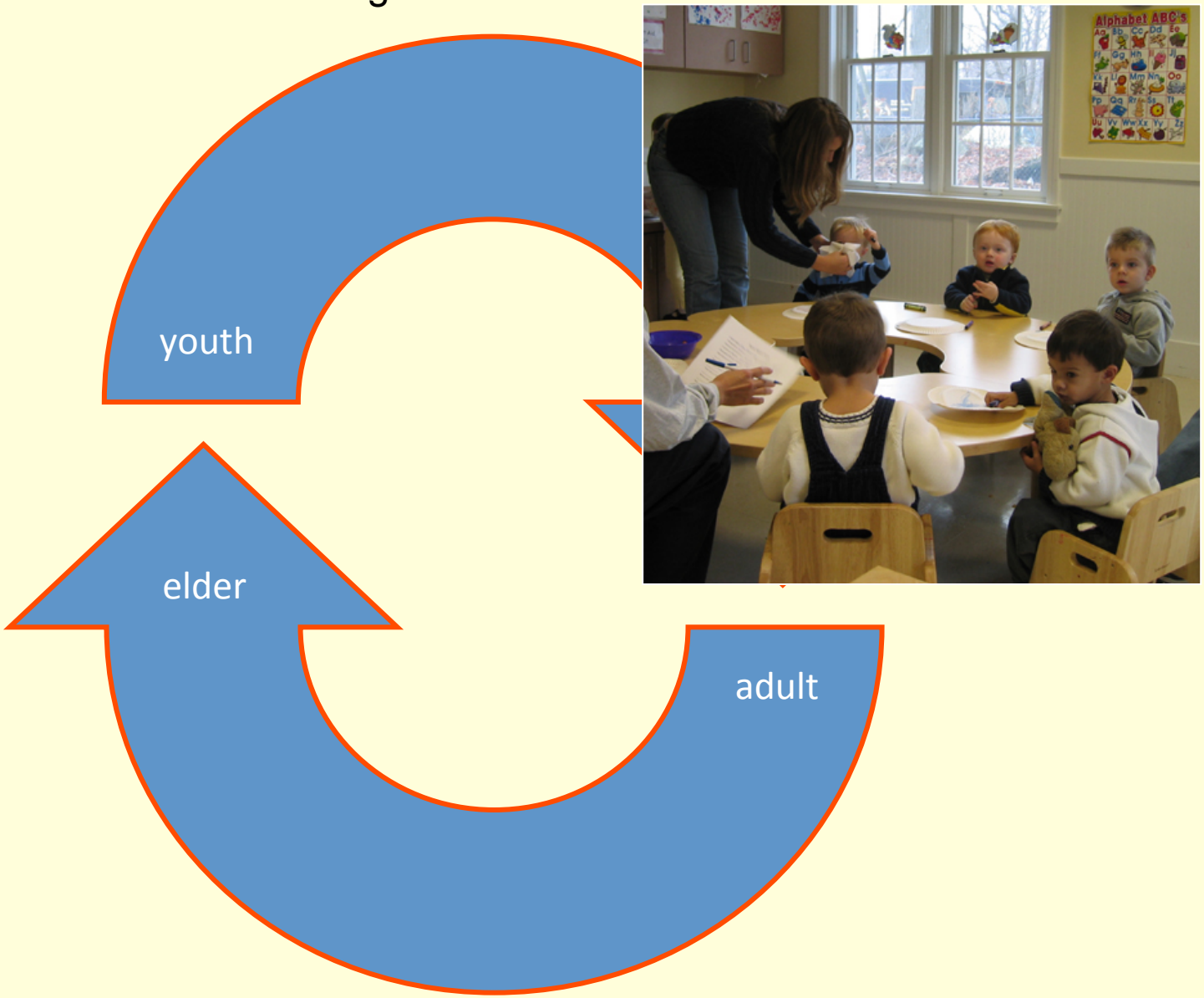
Catlin + Petrovick Architects ©

Life is circular….we begin life dependent and we leave life dependent
…Carl Jung



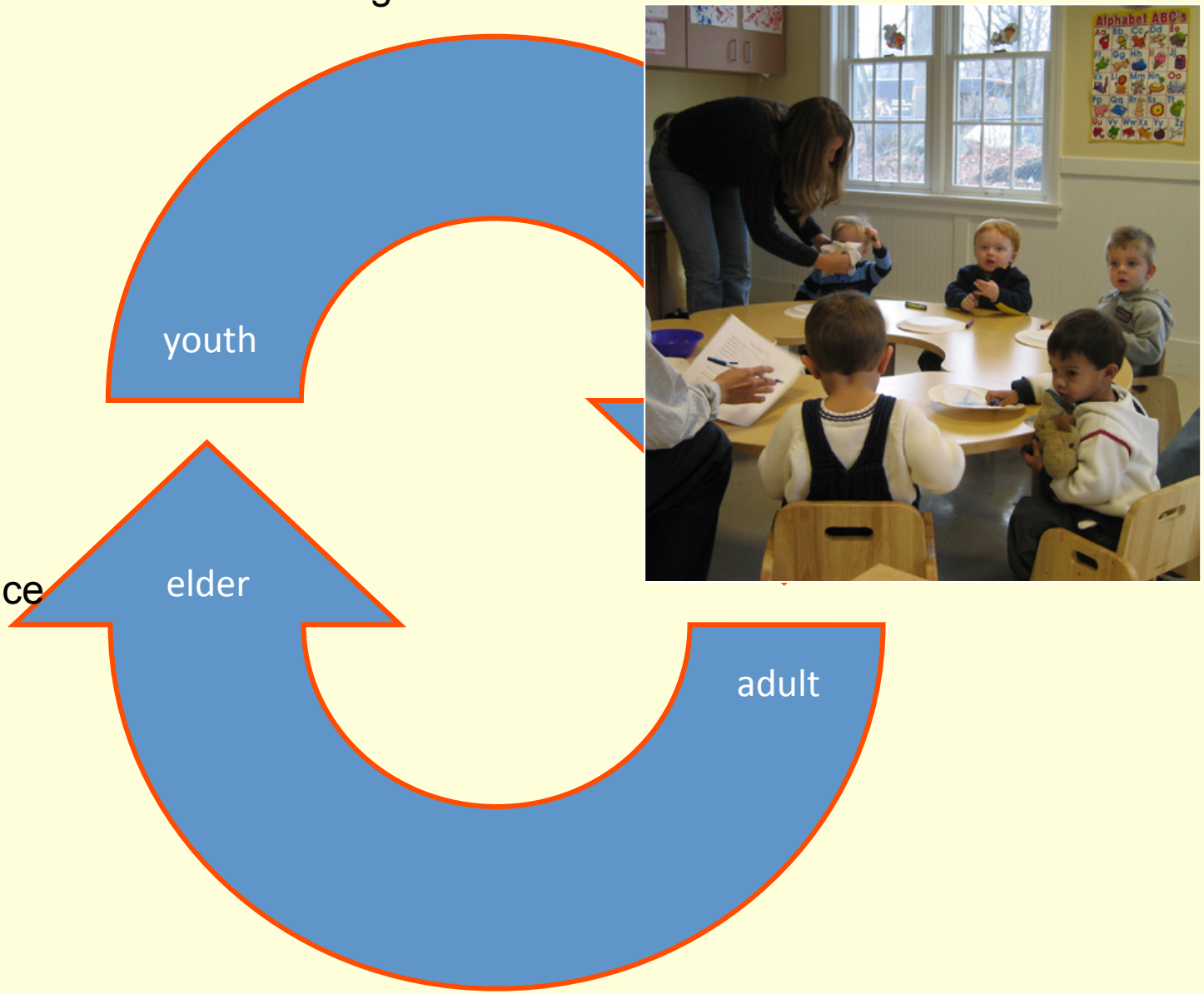
Catlin + Petrovick Architects ©

Life is circular….we begin life dependent and we leave life dependent
…Carl Jung



Catlin + Petrovick Architects ©

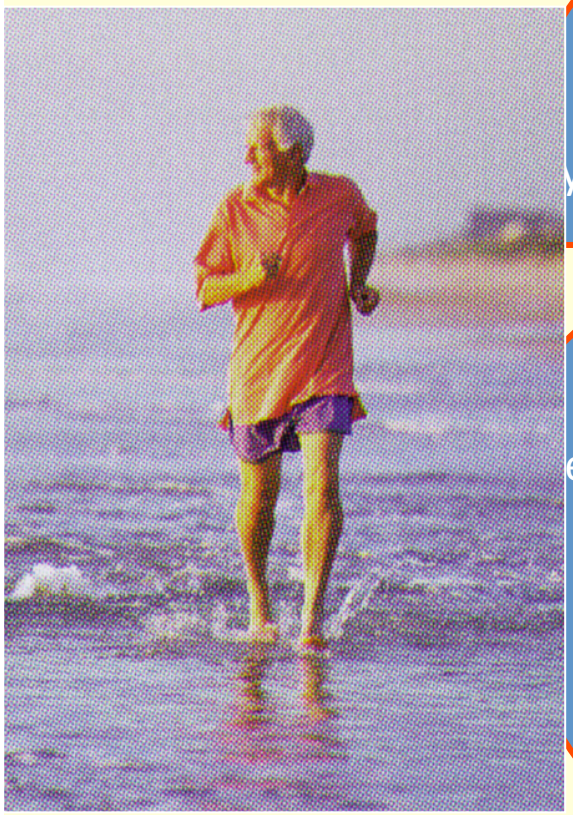
Life is circular….we begin life dependent and we leave life dependent
…Carl Jung

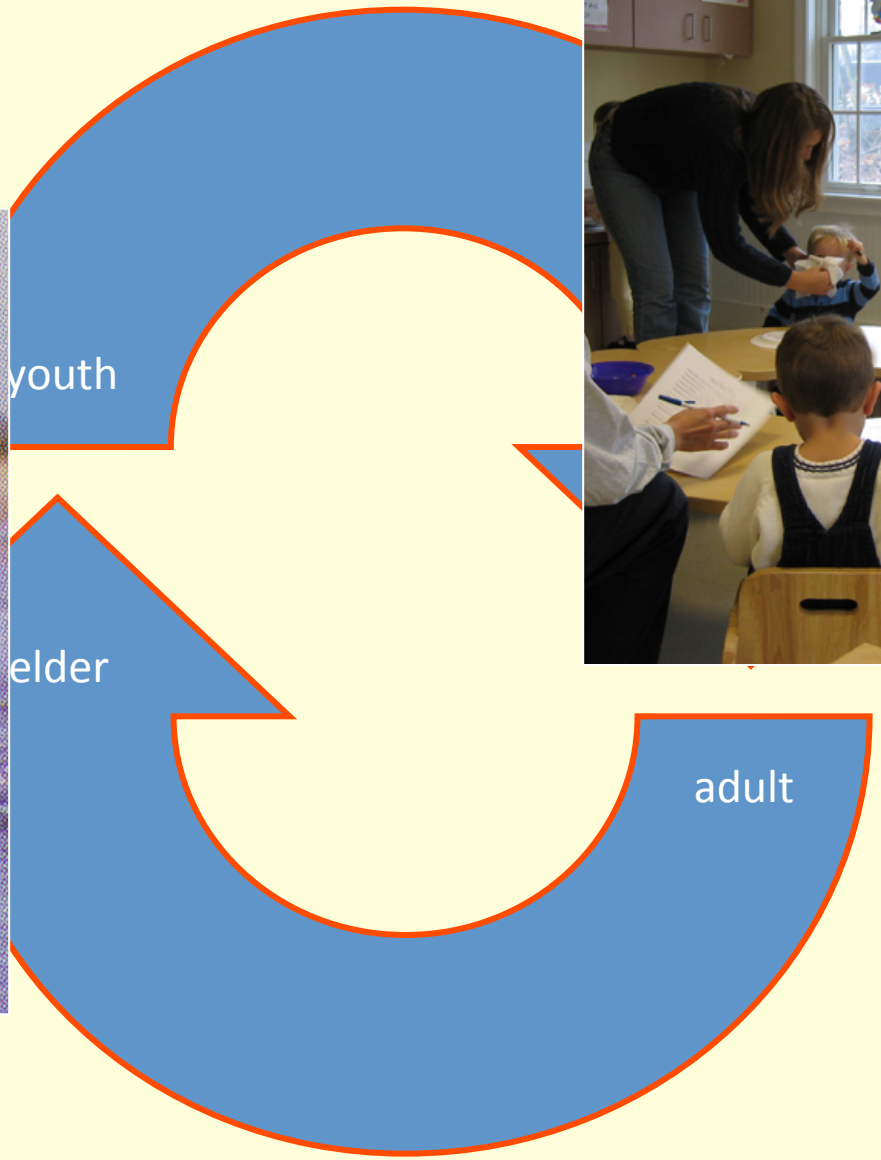


The goal of a successful adult center is to reduce and/or end dependency

Catlin + Petrovick Architects ©

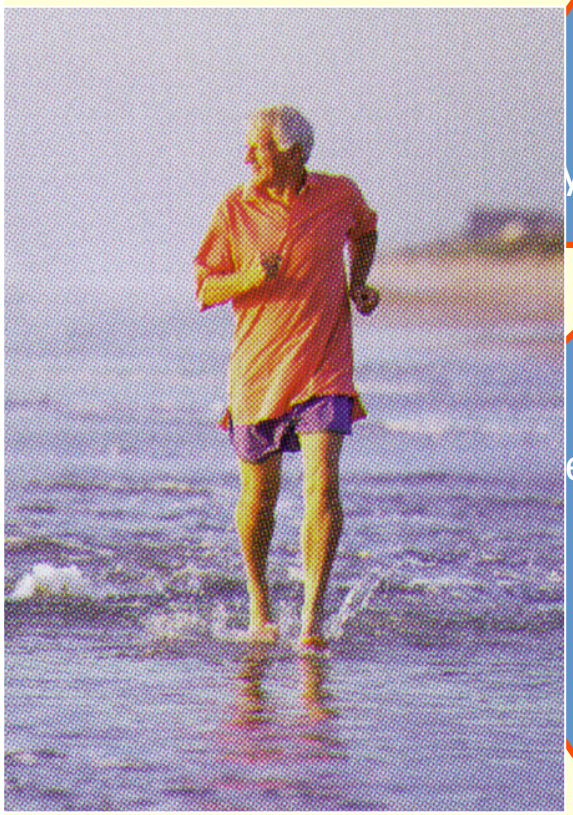
Life is circular….we begin life dependent and we leave life dependent
…Carl Jung

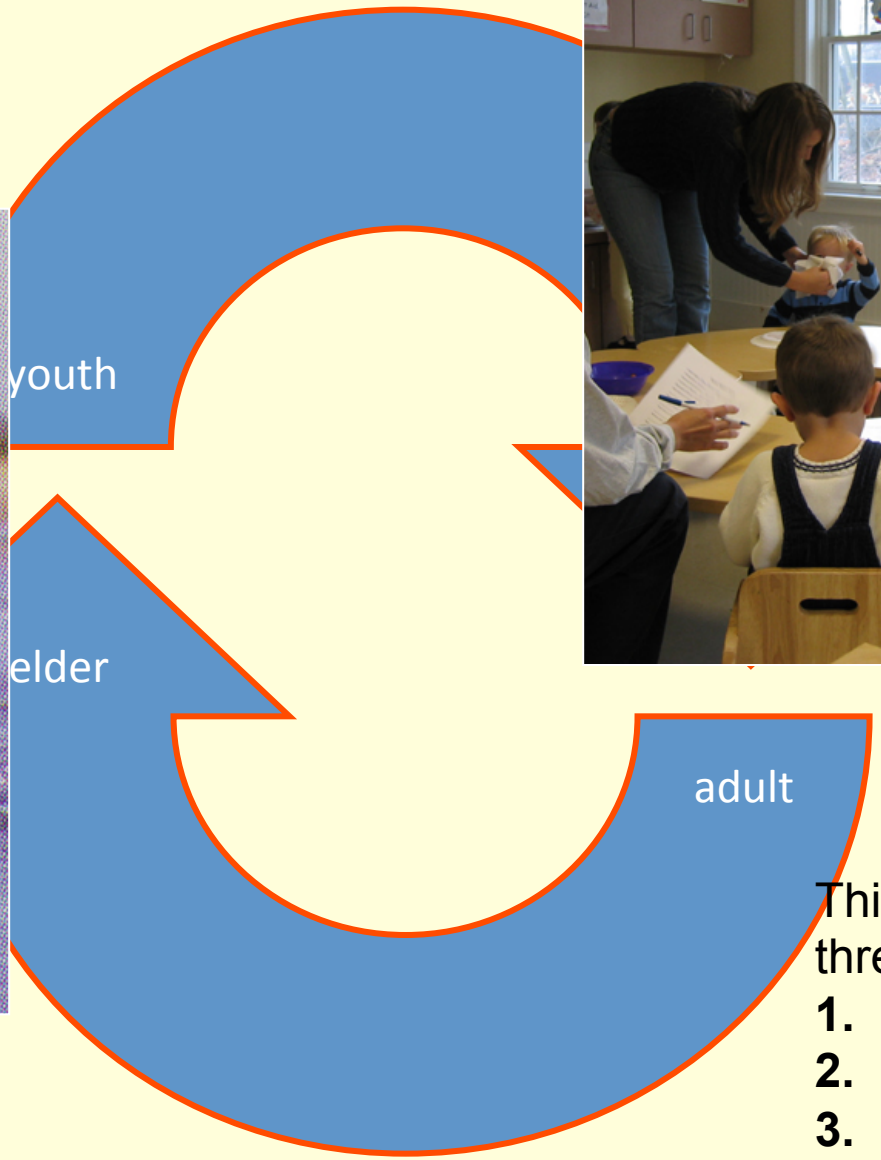




Catlin + Petrovick Architects ©

Life is circular….we begin life dependent and we leave life dependent
…Carl Jung

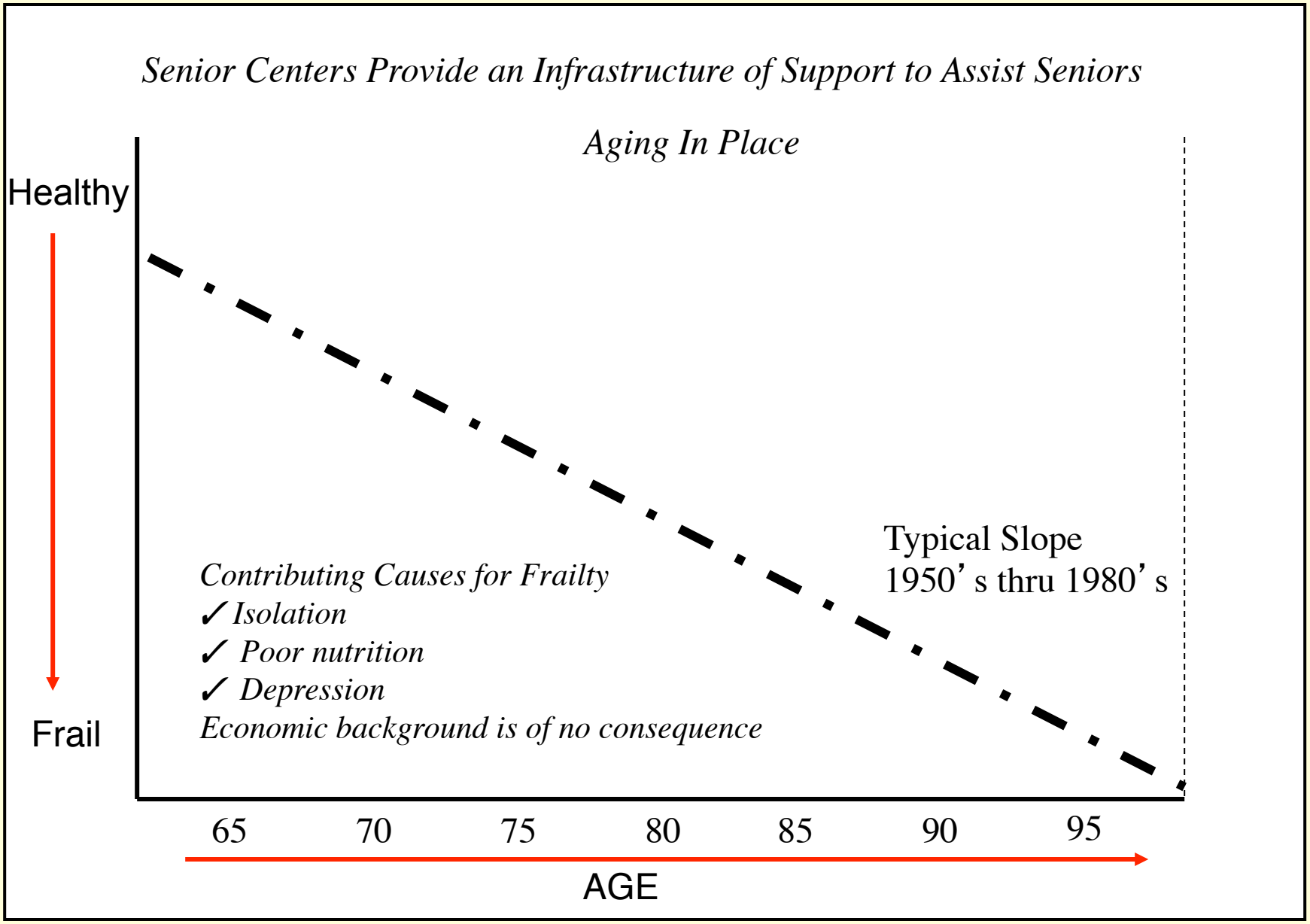




This is achieved through three key ways:

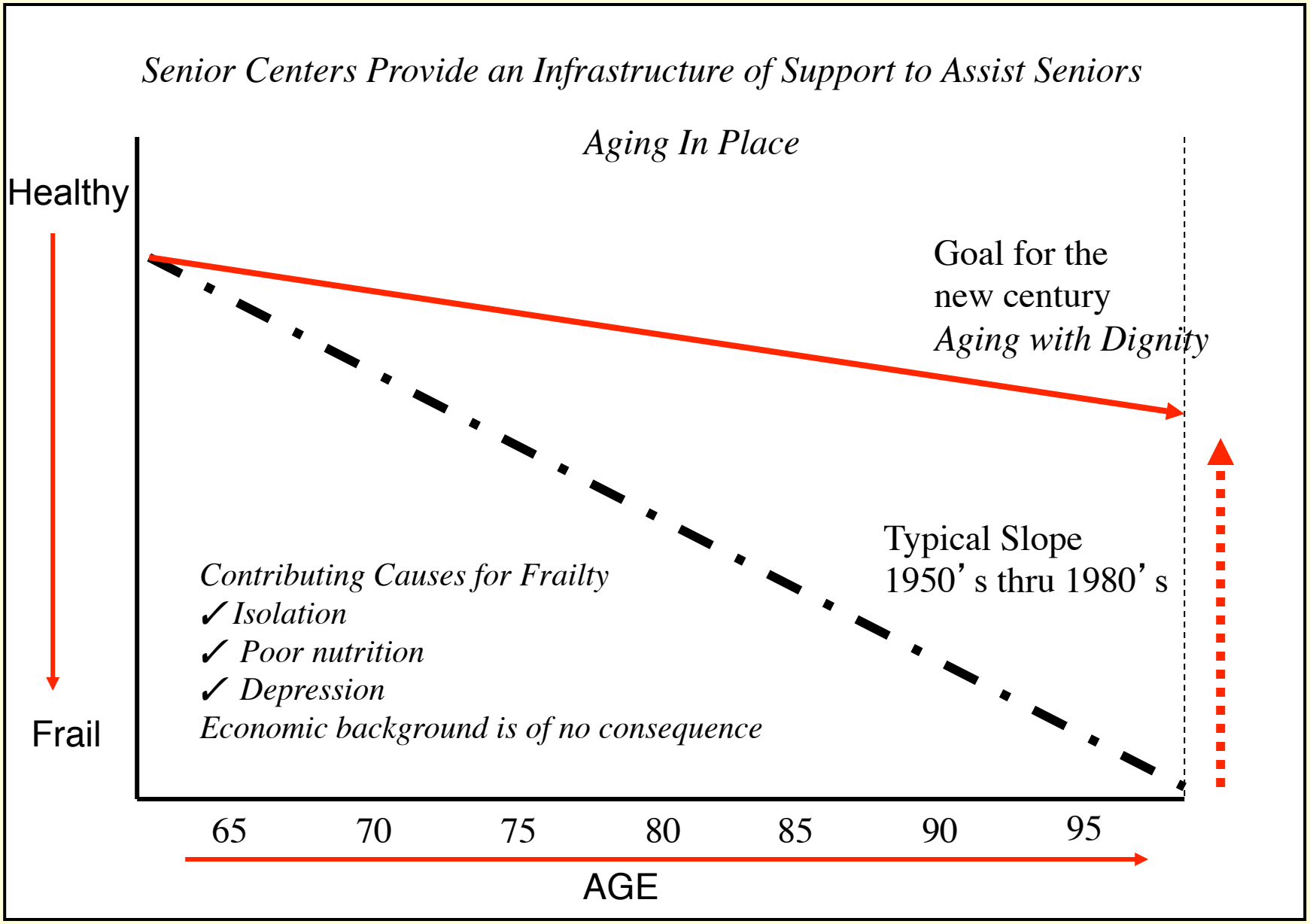
1. **Nutrition**
2. **Socialization**
3. **Exercise**

Catlin + Petrovick Architects ©



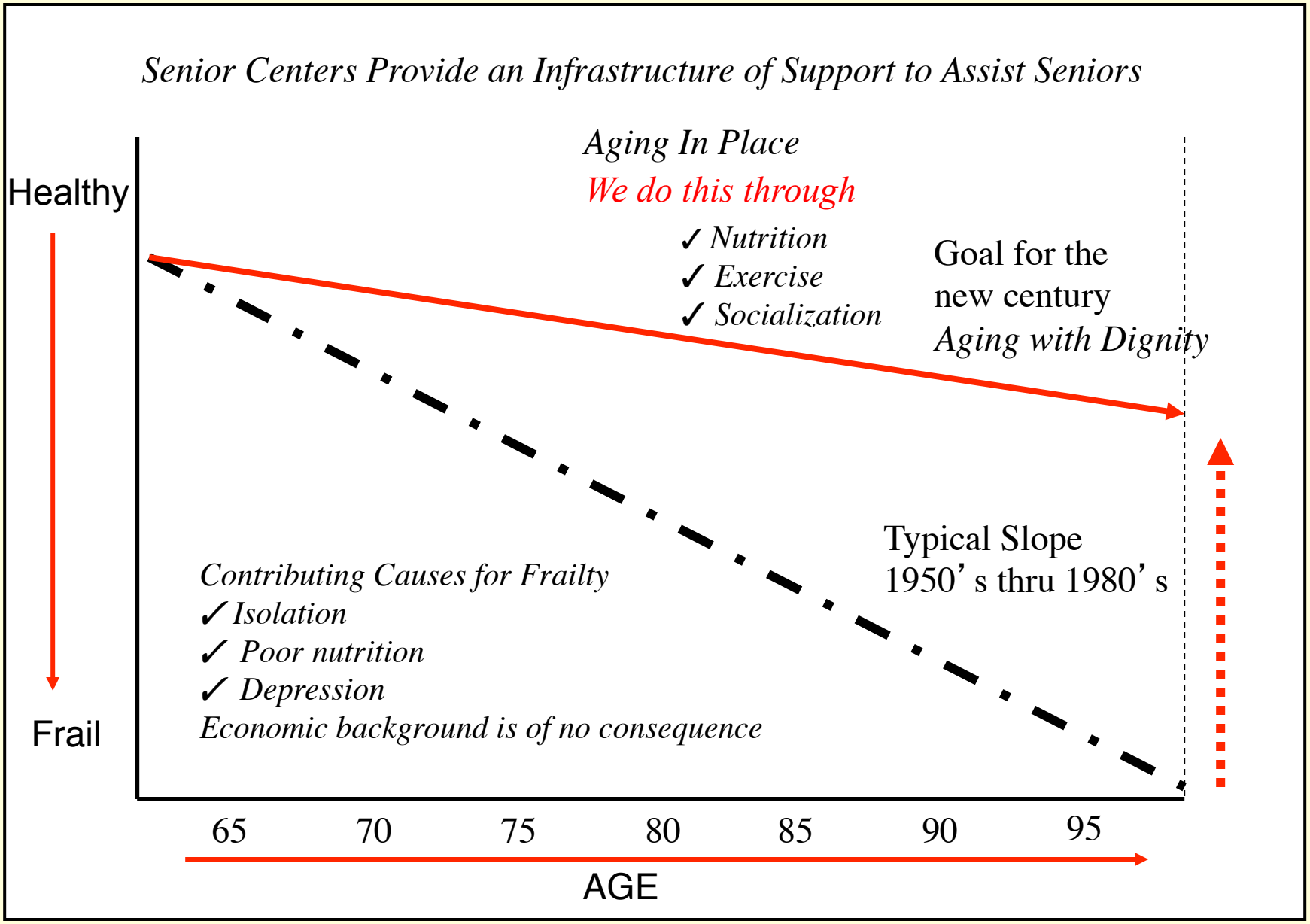
Healthy Aging = Quality of Life

Catlin + Petrovick Architects ©



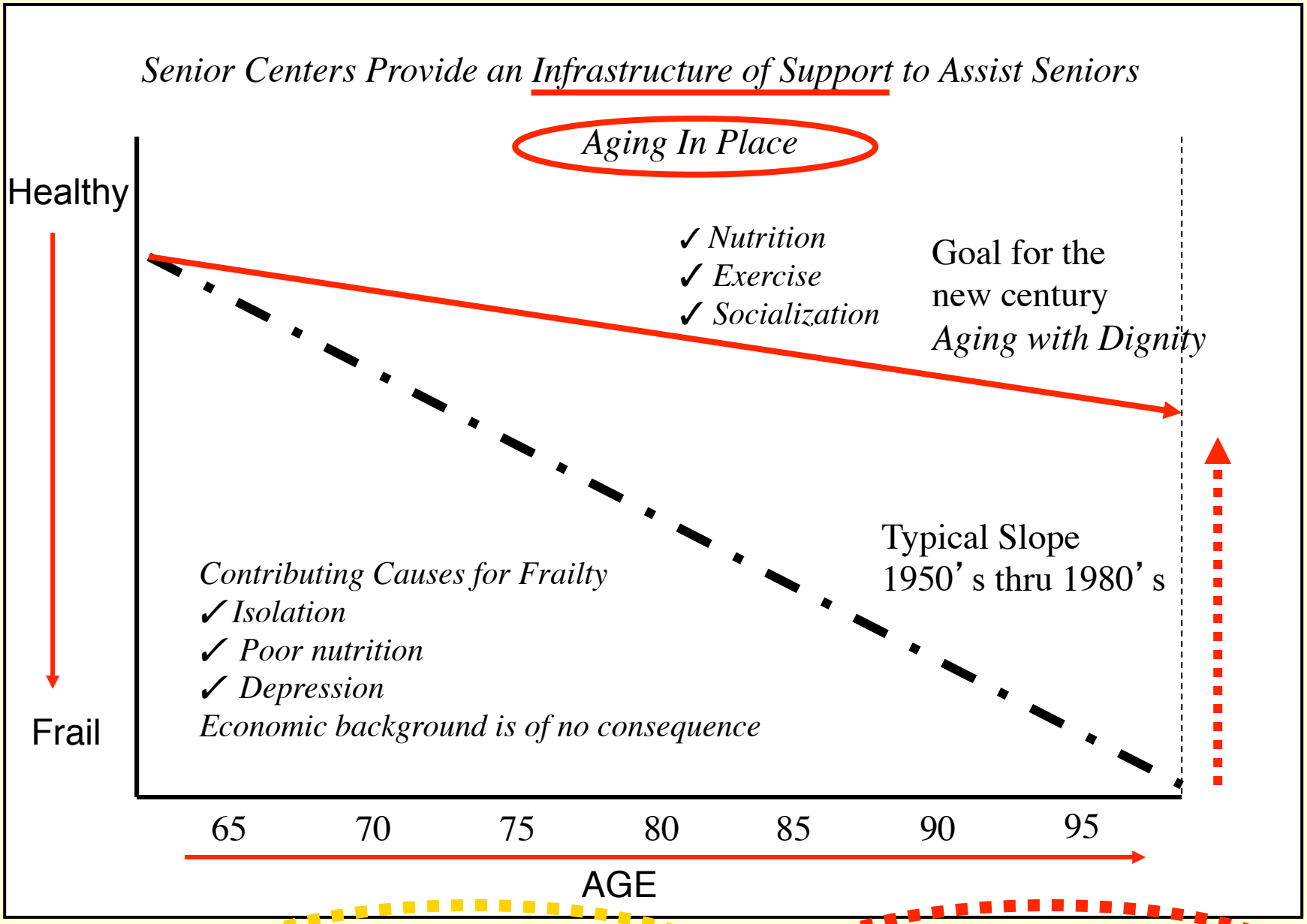
Healthy Aging = Quality of Life

Catlin + Petrovick Architects ©



Healthy Aging = Quality of Life

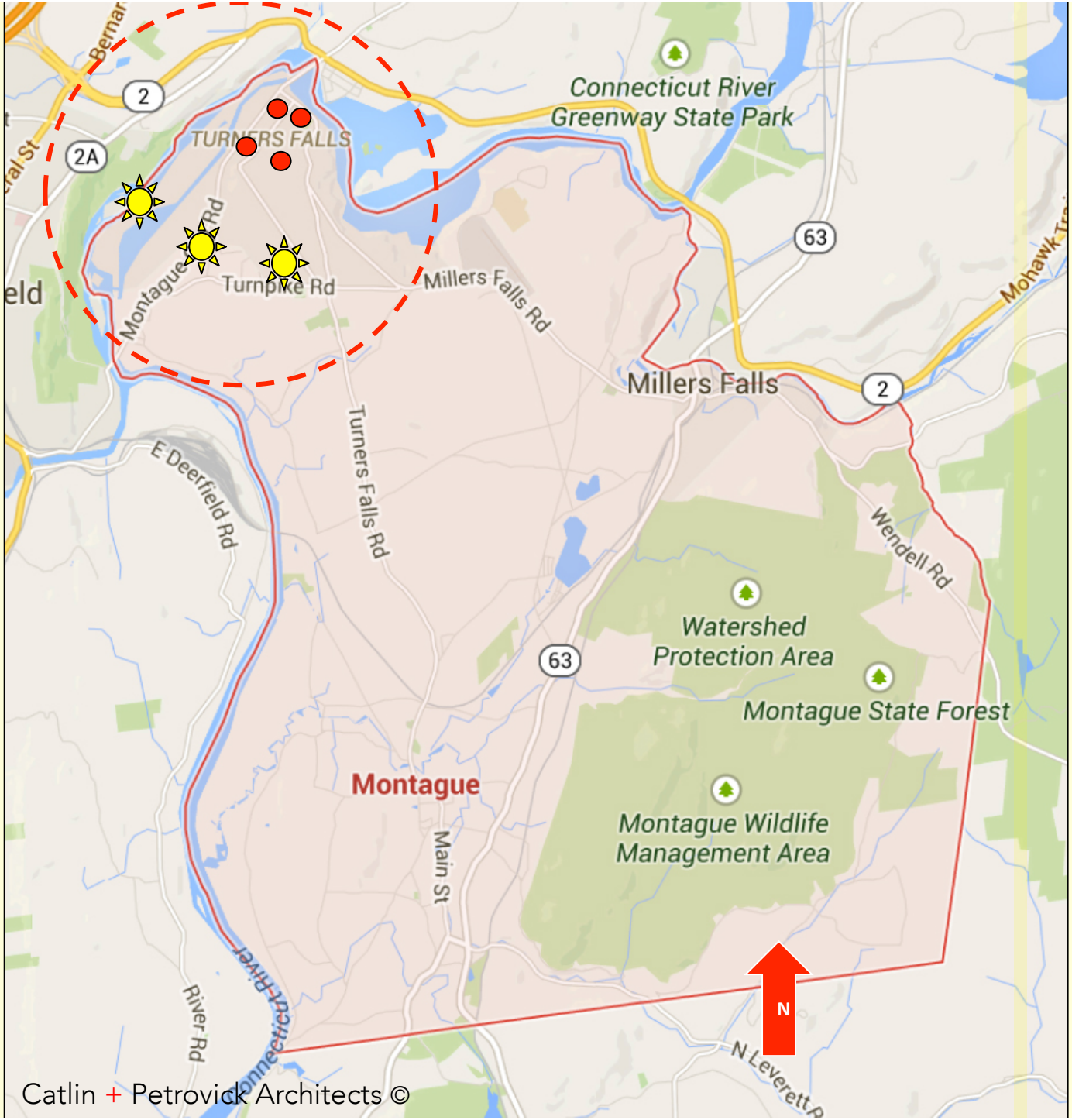
Catlin + Petrovick Architects ©



Healthy Aging = *Quality of Life*

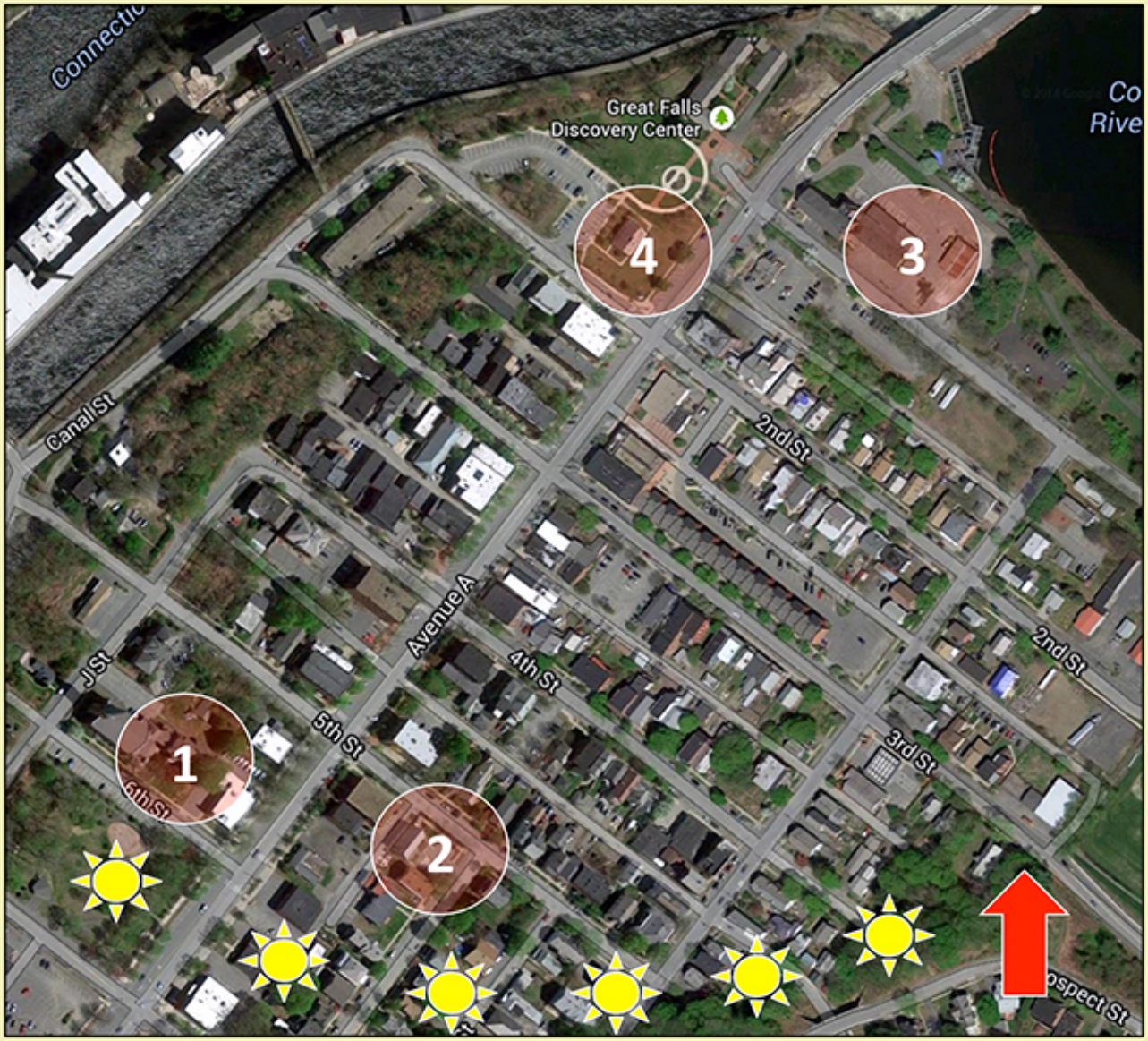
Catlin + Petrovick Architects ©

What are Montague's Options and/or Opportunities?



Site Options

Catlin + Petrovick Architects ©



1. St Anne's Rectory Site, 25 6th Street
2. Turners Falls Athletic Club Site, 62 5th Street
3. Montague Town Hall Site, 1 Avenue A
4. Cumberland Farms Site, 38 Avenue A

Catlin + Petrovick Architects ©

Buildings Potentially Suitable for Rehabilitation/Adaptive Re-use

1. St Anne's Rectory, 25 6th Street
2. Turner's Fall Athletic Club (Present Senior Center) 62 5th Street
3. Montague Town Hall (DPW/Storage Area), 1 Avenue A

Sites Potentially Suitable for New Construction

1. Montague Town Hall (DPW/Storage Area), 1 Avenue A
2. Cumberland Farms Retail Store, 38 Avenue A

Town of Montague

Location/Image. Is the site suited to the Senior Center's self image and its image within the Town?

Buildable Area/Expansion Potential. Is there sufficient area (or interior space) to accommodate the program elements as well as potential future expansion of the proposed facility?

Ownership. Does the Town have, or can it obtain, clear title to the site?

Existing Structures/Building Code Limitations. Are there existing structures on the site that can be re-used? Are there existing structures on the site that must be demolished? Will substantial modification or rehabilitation be required? Will building code compliance triggered by the proposed re-use impose burdens?

Hazardous Materials. Is there data on, evidence of, or reason to suspect that hazardous materials may be present on the site or in existing structures?

Access/Traffic. Can adequate site access for users, delivery vehicles and emergency equipment be developed? Will potential traffic increases created by the center affect the neighborhood? Do existing traffic patterns pose hazards to users of the center?

Utility Access. What utilities are available at the site? Are adequate utilities available within reasonable access to the site? Can the necessary utilities be economically developed?

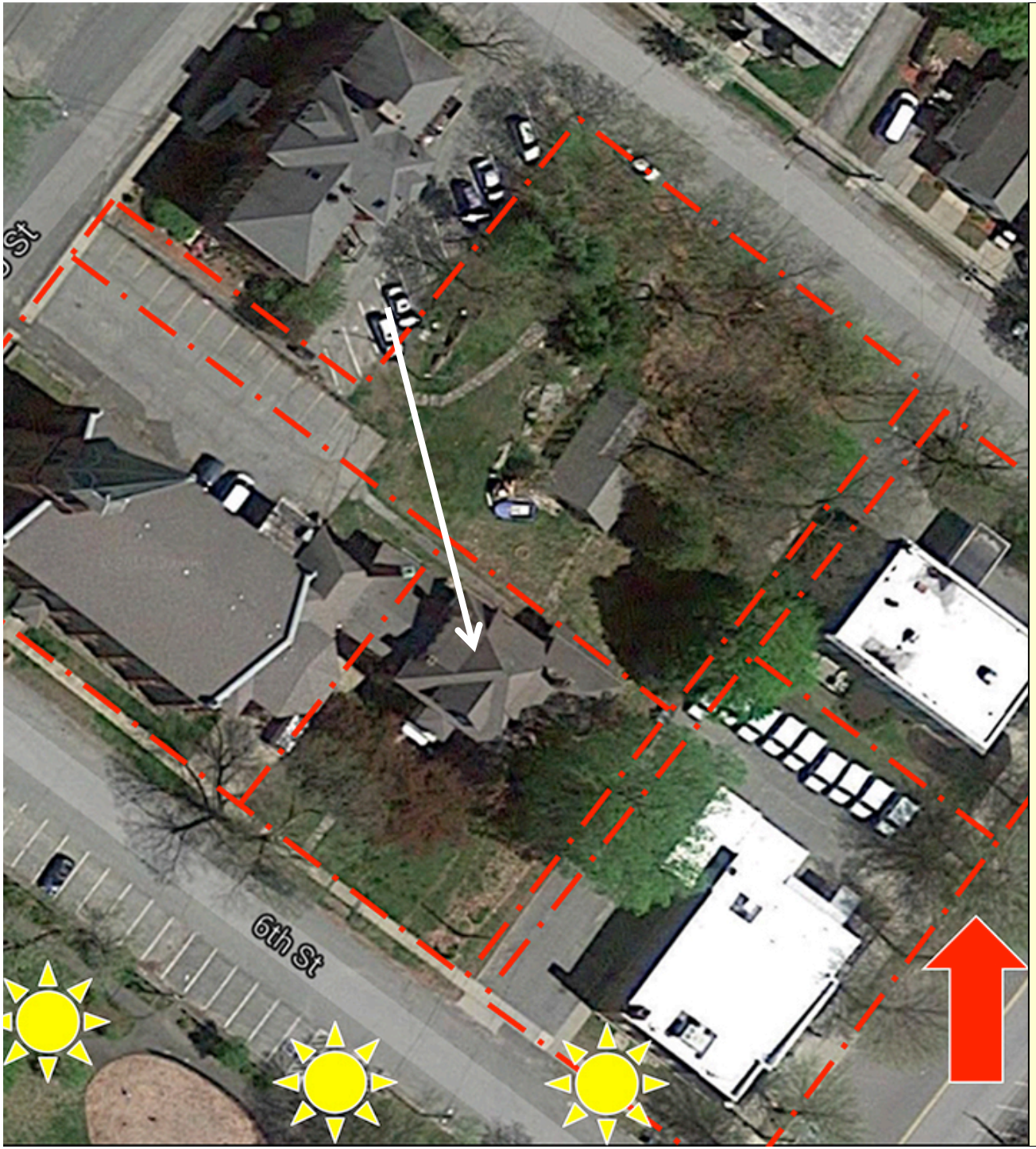
Topography. Does the topography impose any limits on development of the site? Will significant modifications be needed to ensure accessibility?

Geology. Do the soils impose any limits on development of the site? Is there sufficient information for assumptions to be made or will further investigation be required?

Hydrology. Are there any aquifers, wetlands or wetland buffers that may require mitigation or set limits on development? Does the site lie within the Water Supply Protection District? If so, is the site large enough to limit impervious surfaces to less than 25% of the lot? Can site drainage be readily achieved? Could development of the site adversely impact adjacent land? Is the site within a flood plain?

Views/Orientation. Does the site impose any limits on the development of acceptable solar orientations, shading, views or adjacent activity areas?

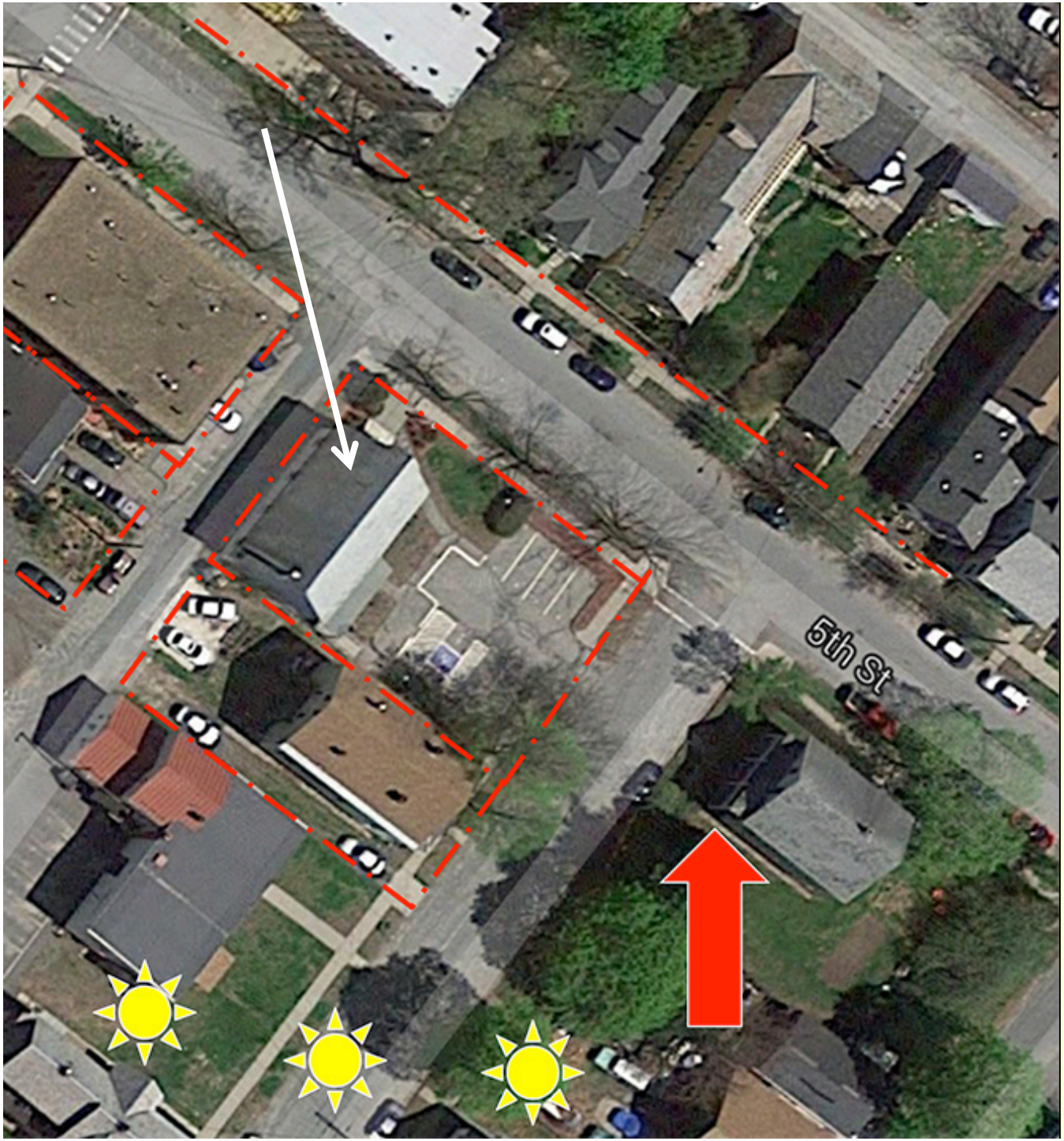
Catlin + Petrovick Architects ©



St Anne's Rectory

a. Central Location – Turners Falls
b. Site = 0.2 acres
c. Existing building = 3,469sf
d. Town Owned
e. No parking on site
f. Hazardous materials – none known
g. Extensive renovation required – possible demolition of historic structure
h. Secondary road access
i. Town water and sewer
j. Natural gas
k. Sloped site towards street
l. Geology/Hydrology are unknown at present
m. No wetlands

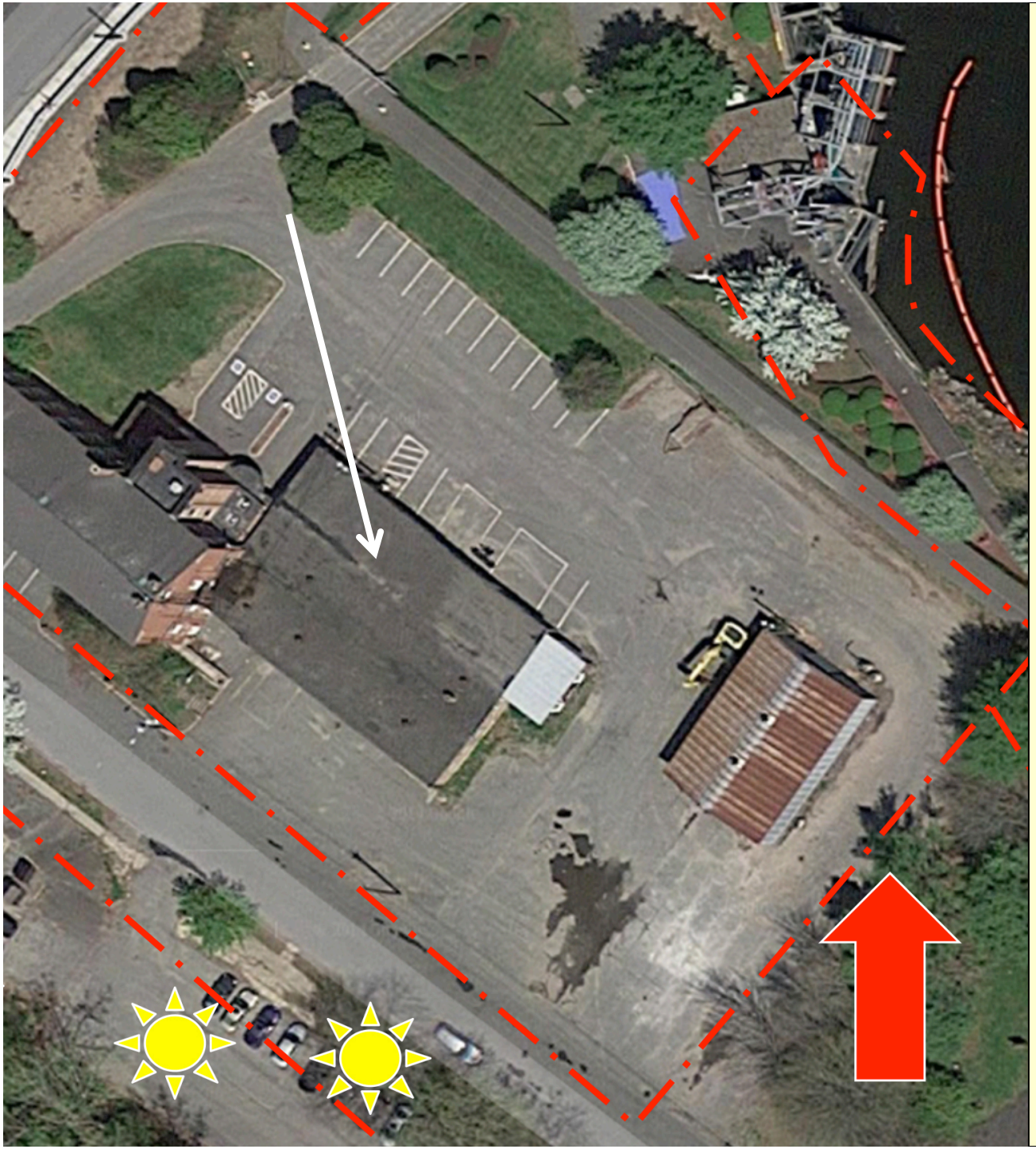
Catlin + Petrovick Architects ©



Existing Senior Center
(Turners Falls Athletic Club)

a. Central Location – Turners Falls
b. Not Town Owned –but could be purchased $1
c. Extg. Building = 3,250sf
d. Extensive renovation would be required – does not comply with HCP access.
e. Secondary road access
f. Limited parking – 6 spaces.
g. Town water and sewer
h. Natural gas
i. Site relatively flat but sloped from front of building to street.
j. No wetlands.
k. Geology unknown

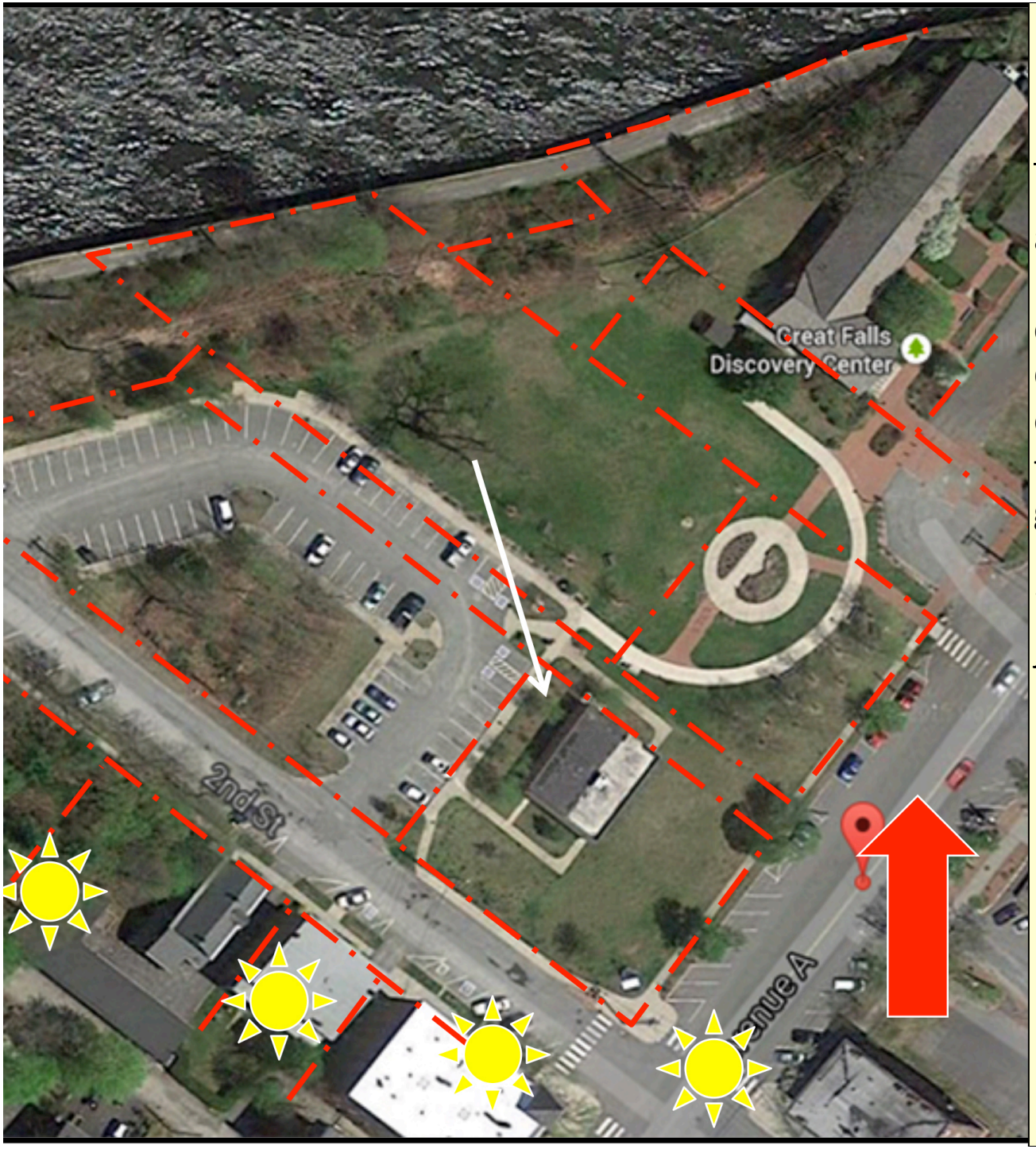
Catlin + Petrovick Architects ©



Town Hall Site

a. Central Location
b. Site = 1.6 acres
c. Town Owned
d. Existing building – extensive renovation required or possible demolition
e. Relocation of DPW
f. Parking is good
g. Hazardous materials – yes
h. Direct access off of secondary road
i. Town water and sewer
j. Site relatively flat
k. Soils Geology/Hydrology are unknown at present
l. Rivers Act in force

Catlin + Petrovick Architects ©



Former Cumberland Farms Site

a. Central Location
b. Site = 0.34 acres
c. Town ownership
d. Existing Structure
e. Hazardous materials – no
f. Secondary road access
g. Town water and sewer
h. Natural Gas Available
i. Gently Sloped site
j. Geology - unknown at present/Hydrology
k. No wetlands
l. "Gateway to Town"

Catlin + Petrovick Architects ©

Program

Classes

What functions and spaces are needed for a successful senior center?

Games

Outdoor Activities

Exercise

Socialization

Catlin + Petrovick Architects ©

	Town of Montague Senior Center • Program Menu •13 February 2015 REV 2				
	Space Identification	Occupancy	How Many?	size of space	
1	Reception	2	1	250	sf
2	Administration	4	2	300	sf
3	Copier/Storage/Files	0	0	100	sf
4	Lounge/Library	12	1	250	sf
5	Café (coffee bar)	10	1	150	sf
6	Multipurpose Room	150	1	2550	sf
7	Game Room	15	1	375	sf
9	Card/Conference Room	16	1	192	sf
10	Arts/Crafts Classroom	18	2	1080	sf
11	Classroom	18	1	540	sf
12	Fitness Room	10	1	400	sf
13	Wellness Room/Nurses Office	5	1	140	sf
14	Kitchen	4	1	450	sf
15	Pantry/Receiving	0	1	100	sf
16	Group Toilets		4	600	sf
17	"Companion" Toilet		2	100	sf
18	Lobby	25	1	250	sf
19	Vestibule		1	60	sf
20	Janitor's Closet		2	75	sf
21	MP Room Storage		1	400	sf
22	Arts/Crafts Classroom Storage		2	200	sf
23	Classroom Storage		1	0	sf
24	Medical Equipment Storage		1	100	sf
25	Exterior Storage		1	75	sf
26	Patio Storage		1	100	sf
27	Mechanical Area		1	300	sf
	General Storage	Storage		200	sf
	Coats (no rooms)		6 areas	60	sf
	Other				
	Total Net Square Feet (NSF)			**9,397**	**NSF**
	Gross To Net Efficiency Factor - Gross SF = 1.25 x NSF		**1.25**	**11,746.25**	**GSF**

Catlin + Petrovick Architects ©

GRAPHIC PROGRAM - Proposed

ENTRY - 260 nsf

Lobby
200 nsf

Vestibule
60 nsf

ADMIN. - 650 nsf

Reception
250 nsf

Administration
300 nsf

Copier/Storage
/Files
100 nsf

SOC. SERV'S - 140 nsf

Wellness Room/
Nurses Office
140 nsf

FOOD SERVICE - 550 nsf

Kitchen
450 nsf

Pantry/Receiving
100 nsf

PROGRAM AREAS - 5,537 nsf

Multipurpose Room
2550 nsf

A&C
Classroom
1080 nsf

Game Room
375 nsf

Fitness
Room
400 nsf

Lounge/
Library
250 nsf

Classroom
540 nsf

Cafe
150 nsf

Card/Conf.
192 nsf

SUPPORT - 1,485 nsf

MP Room
400 nsf

A&C
200 nsf

Mech. Area
300 nsf

Ext.
175 nsf

Jan.
75 nsf

Class.
75 nsf

General
200 nsf

Coats
60 nsf

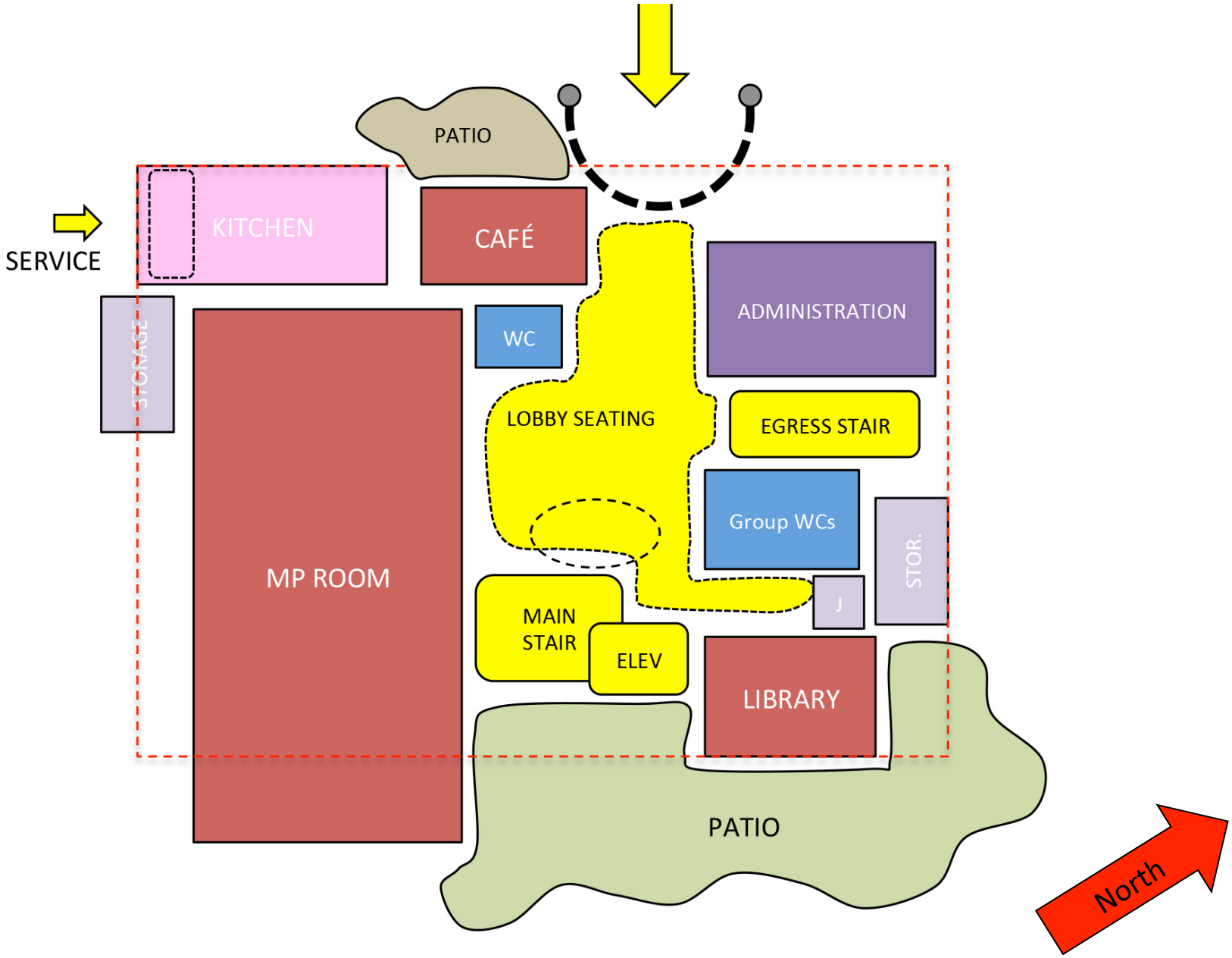
REST ROOMS- 700 nsf

Group Toilets
600 nsf

"Companion"
Toilet
100 nsf

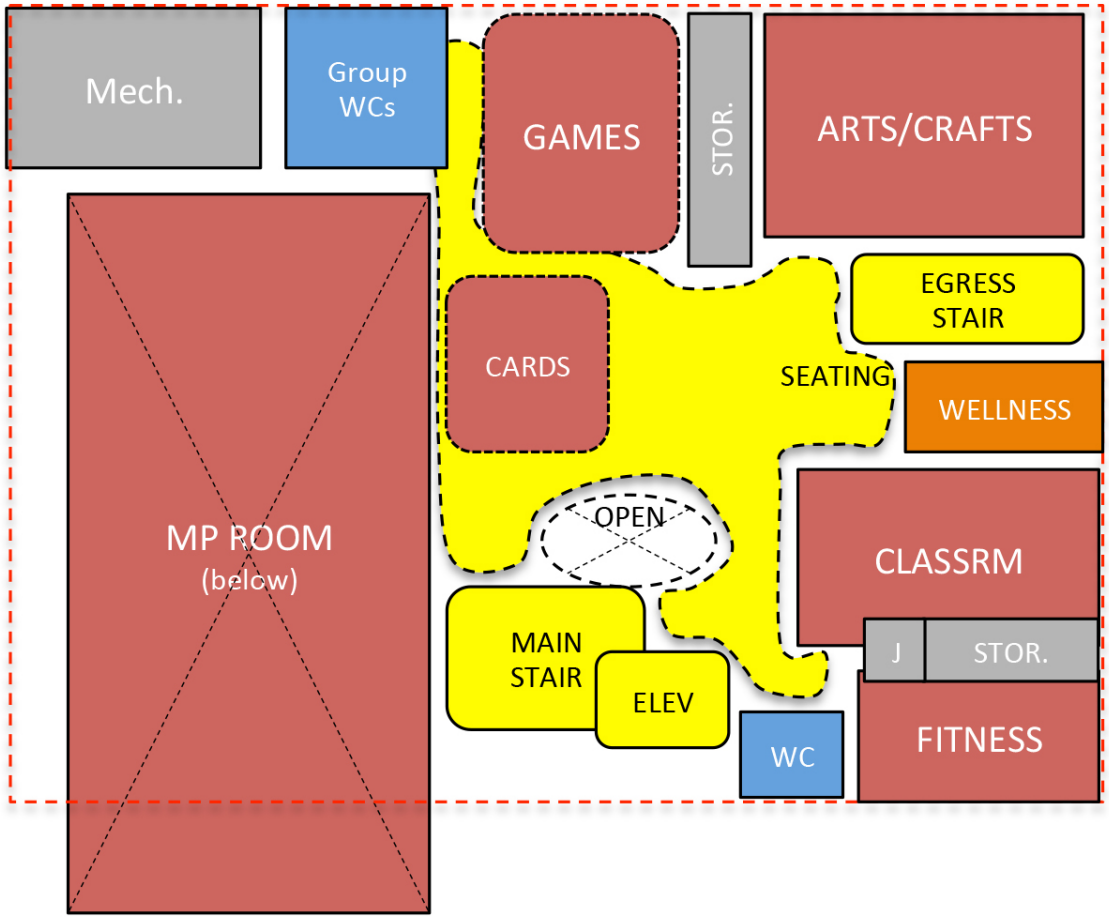
9,322 NET SQUARE FEET
Actual Gross to Net Efficiency
Factor = +/- 1.25
BUILDING SIZE: 11,652.50 GSF

Catlin + Petrovick Architects ©



Adjacency Diagram – Level 1

Catlin + Petrovick Architects ©



Adjacency Diagram – Level 2

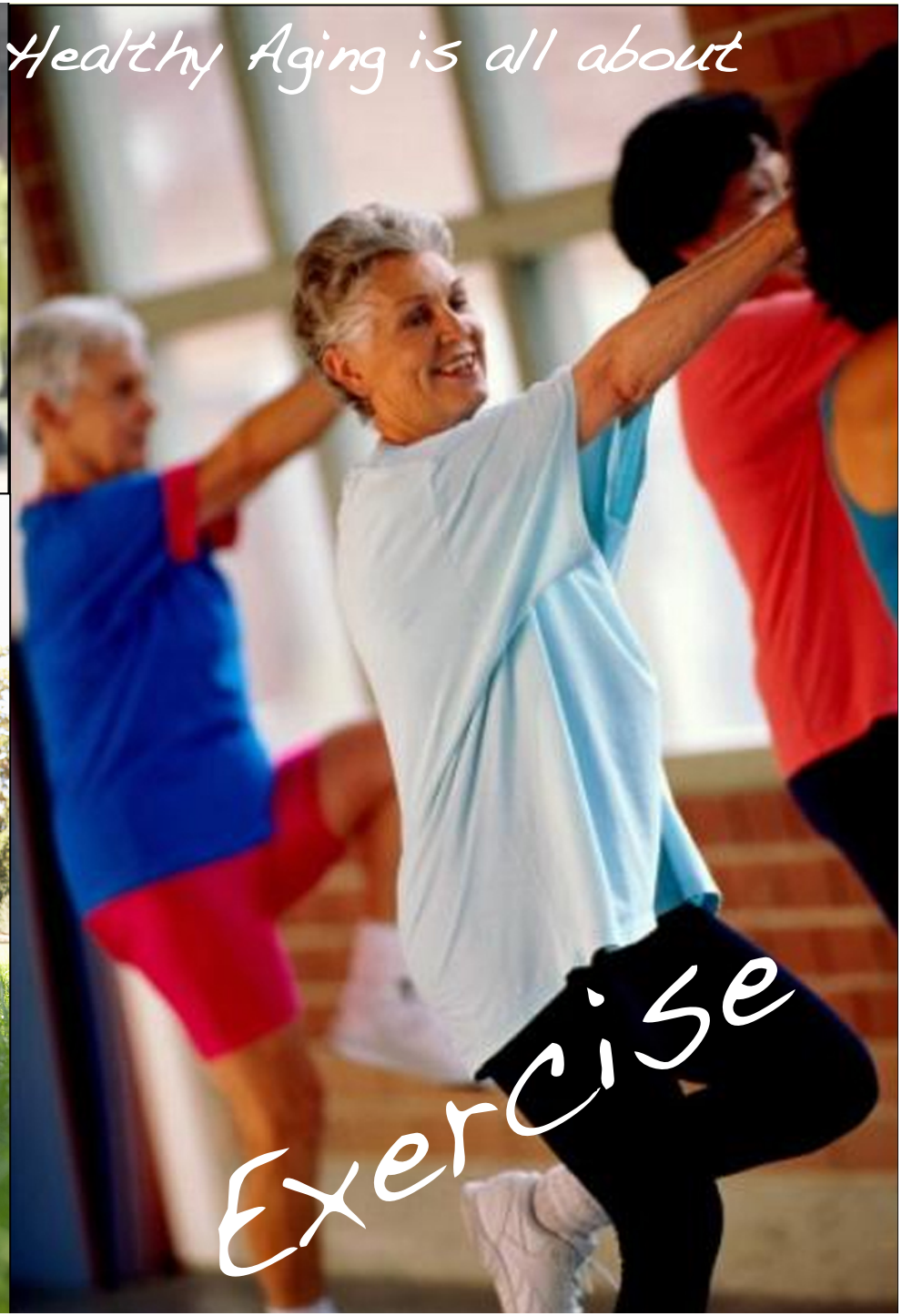
Catlin + Petrovick Architects ©

What other Towns have built

Catlin + Petrovick Architects ©

Healthy Aging is all about
Nutrition

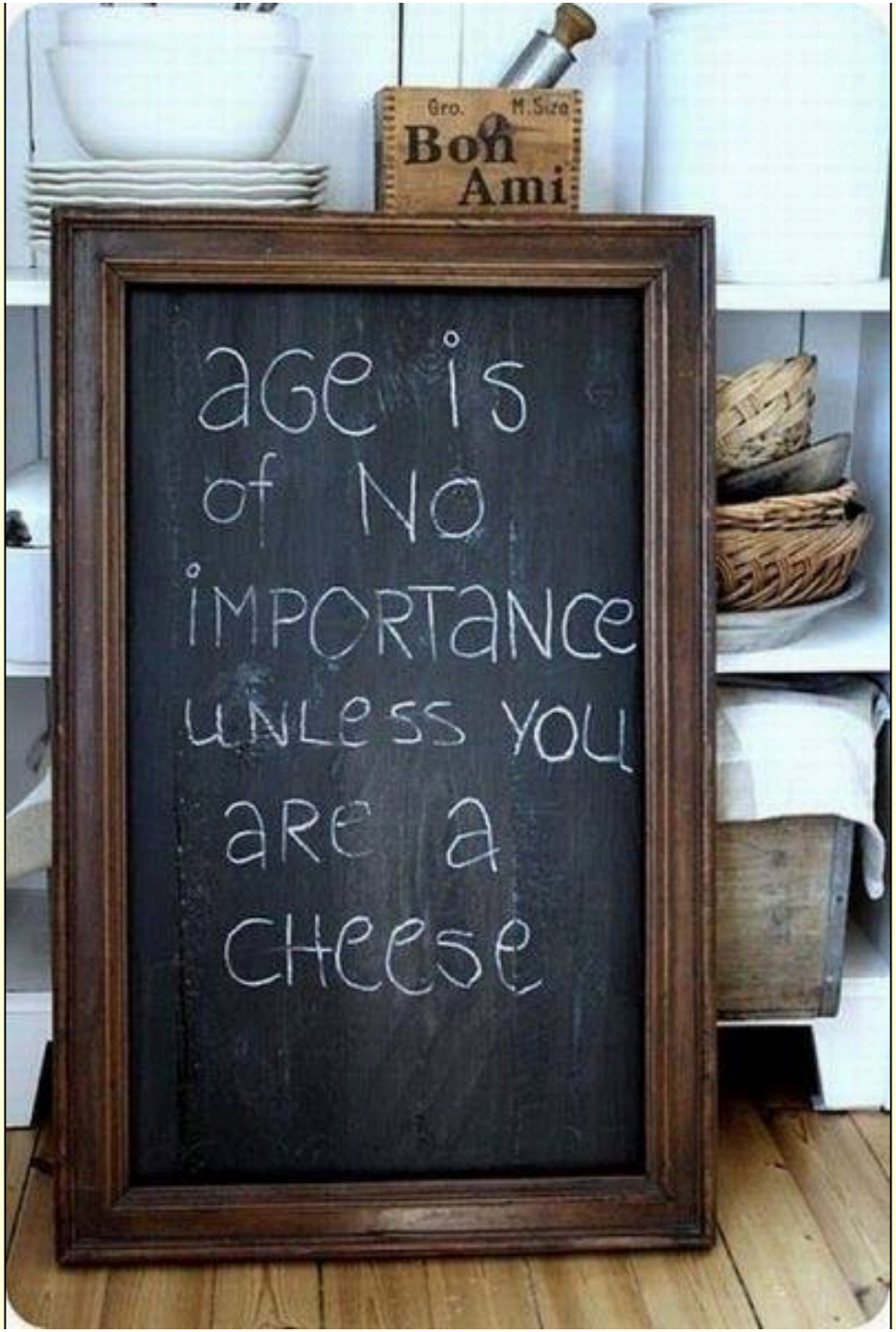
Healthy Aging is all about
EXIT
Socialization


Healthy Aging is all about
Exercise

Healthy Aging is all about
It`s all about engagement

Healthy Aging is about enjoying LIFE
Catlin + Petrovick Architects ©

Catlin + Petrovick Architects ©



Catlin + Petrovick Architects ©