

Growing Older in Fort Collins
Data from RSVPs for the April sessions

As participants RSVP'd for the April 17 and April 26 sessions, the on-line RSVP form included several questions for the participants to complete. Most of the questions were multiple choice or had participants choosing from a checklist. One open ended question was included at the end

We are gathering information regarding what our community knows about the Fort Collins Senior Center. Please answer the following questions:

The Fort Collins Senior Center is

An adult day care center	0	0%
A focal point for programs and services for aging adults and their families	176	74%
A senior housing facility	0	0%
All of the above	7	3%

The Fort Collins Senior Center is:

A for-profit members-only facility	5	2%
A city-owned facility for adults ages 50+	175	74%
A Poudre Valley Hospital System health and wellness facility	0	0%
Owned by Columbine Health Systems	1	0%

How often do you visit the Senior Center?

Multiple times a week	88	37%
Once a month	30	13%
A few times a year	41	17%
I've been once or twice	21	9%
I have never been to the Senior Center	2	1%

I have been to the Senior Center for:

Classes	106	60%
Senior services	49	28%
Events	137	77%
Trips	62	35%
Sports/recreation	62	35%
Wedding reception	12	7%
Other	46	26%

People may select more than one checkbox, so percentages may add up to more than 100%.

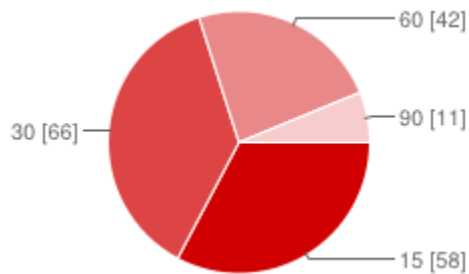
If you have never been to the Senior Center, why not?

Never thought about it	2	50%
There's nothing interesting there for me	1	25%
It's too expensive	0	0%
I don't have a way of getting there	0	0%
Other	1	25%

People may select more than one checkbox, so percentages may add up to more than 100%.

If I had to guess, the I would say the Senior Center hosts ____ events each day.

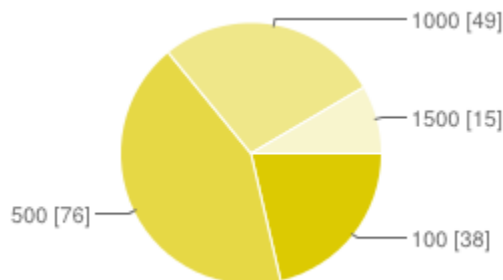
(correct answer is 60).



15	58	24%
30	66	28%
60	42	18%
90	11	5%

I think the Senior Center serves about ____ community members each day.

(correct answer is 1,000).



100	38	16%
500	76	32%
1000	49	21%
1500	15	6%

I know that the Senior Center offers programs in:

Social Activities	170	99%
Arts & Crafts	168	98%
Education	169	98%
Fitness & Wellness	167	97%
Aquatics	163	95%
Travel	164	95%
Dance	158	92%
Outdoor Recreation	157	91%
Volunteer Activities	154	90%
Community Gardening	138	80%

People may select more than one checkbox, so percentages may add up to more than 100%.

I am aware of the following services offered at the Senior Center:

Income tax assistance	<input type="checkbox"/>	143	89%
Blood pressure and cholesterol checks	<input type="checkbox"/>	130	81%
Congregate meals	<input type="checkbox"/>	130	81%
Computer assistance	<input type="checkbox"/>	130	81%
Legal aide	<input type="checkbox"/>	105	65%
AARP defensive driving course	<input type="checkbox"/>	104	65%
Hearing screening	<input type="checkbox"/>	102	63%
Balance screening	<input type="checkbox"/>	99	61%
Opportunities to talk with a health care provider	<input type="checkbox"/>	91	57%

People may select more than one checkbox, so percentages may add up to more than 100%.

If I could improve the Senior Center, I would...

(this was an open-ended question)

- Increase space for a fitness center with lots of workout equipment and a geriatric fitness consultant.
- 2. Add more classroom/meeting space.
- 3. I bet more space for storage would help too.
- a recreation center for all equipment and more parking.
- Add a weight room with cardio equipment. In addition add at least two dance/fitness studios. Add a wellness type center to include areas for massage therapy, reflexology, aroma therapy, and physical therapy. Additional community or multipurpose rooms would be a nice feature as well.

There are many other ideas but those would be my top choices.

- add additional physical activity equipment, ie recumbent bikes, treadmills, free weights, etc
- add another gymnasium and a weight room
- Add exercise rooms other than the gym so that multiple exercise classes can happen at the same time. I like Zumba, Yoga, Weight lifting, Strength training, Aerobics, Belly Dancing and others I've seen on the schedule.
- add more and LARGER classrooms with video equipment etc.
- Be sure that the floors were resilient, i.e. not wood or carpet on top of cement.
- Better office for staff, upper level bathrooms, room for exercise equipment, parking.
- build a fitness wing
- Build on to structure to provide more services and activities for seniors
- Change its name.
- Change the entryway so those waiting to be pick-up are not all sitting at the entrance
- Create a dedicated yoga room (with no treadmills outside. Have separate dressing room for swimmers.
- create more parking
- design a room appropriate for yoga and relaxation classes, design the locker room so that swimmers and non swimmers are separate, the locker room floor and benches are wet which makes it difficult to change clothes w/o getting your clothes wet.
- Diabetic is not an option for dietary restrictions
- Eliminate the cost for the aquatic programs. We are paying membership and that money should cover the classes.
- Eliminate the bottle neck at the front desk for getting onto the track - have an auto-sign in device.

- Enlarge and upgrade the gym equipment; and provide on-site guidance (a personal trainer) on the proper use of the equipment.
- enlarge it
- ENLARGE IT.
- enlarge the facility and parking options
- EXPAND
- expand fitness area
- Expand it to offer more activities and services to the growing population of seniors.
- Expand parking
- Improve sound system
- Expand parking
- Improve sound system
- Expand physical facility of the senior Center
- expand the art room and have a separate space for woodworking
- expand the facility!
- expanded area, increase travel and trips
- extend hours and more weekend activities for still working seniors
- Have a pleasant and roomy yoga facility
- Have an information and referral volunteer (peer) team (with staff assist) that is highly trained and updated that could answer more of the "non-recreational" questions regarding senior resources in the community - a mini-cse manager of sorts - partner with an agency to make this viable (ie PVHS Aspen Club, etc.)
- Have better Staff
- Have more room
- Have more Sunday hours at the pool/Jacuzzi
- have to think about that.
- Hire me to help improve the community awareness and bring some new fresh energy to your organization
- I am a yoga instructor at the senior center. my personal focus regards the yoga facilities which are presently lacking at the Raintree facility where I teach. yoga classes share space with weight lifters, machines for body building, equipment is stored there for many other activities. know that the popularity of yoga will continue. numbers in my classes grow steadily. a room that is somewhat larger where only yoga, maybe pilates and/or tai chi. (activities where shoes were taken off before entering the room) the room would be clean and that would be such a plus. now, all others come in with footwear in all seas and the room often has grit and dirt on the floor even though it is cleaned daily.
- I am out of town but would like to express an interest in getting more classrooms in the new expansion.
- I am very fond of the senior center. I am not a senior, but I have taken my daughter to swimming classes there, exercised, walked the track, attended craft shows, trade shows, meetings and even weddings! I think that making the Senior Center more of a one stop shop, for not only recreation and activities, but also community resources and services for seniors would be a great thing.
- I don't "know" nor am I "aware" (your last 2 questions), so hard to suggest anything.
- I love our senior center and use it for swimming several times a week. We are so lucky to have it.
- I registered earlier...this may be a duplicate.
- I think it is a great place to meet other people and to learn new things.
- I think that the senior center should expand to be an all ages center for the following reasons.

Many folks don't attend programming at the sr. center because they are not a sr or don't view themselves as a senior.

In order to get this right, Fort Collins needs to create atmospheres where people of all ages can gather together. By being a senior center it excludes other ages.

Geographically, this area needs a general rec center not just a center for seniors.

- I want to make a comment and I don't know a better place to put it than here.
I was reading the graphics and comments put on the wall in the senior center hall from the Tsunami discussion and I did not see any mention for the need for employment for seniors. Many seniors are able, experience, committed to work and need income. There is little opportunity in FC for senior employment. Even if seniors are not able to work in their former careers because of younger competition, programs that connect seniors to hourly employment would help. Thank you for adding this comment to you work. You are doing good work.
- I would expand walking, hiking, and biking groups.
- I would take a close look at what the Senior Center (50 +)in Salem, OR offers - it is very progressive. I would like to talk with someone about this Center if anyone is interested.
- If I could donate \$100,000.00 to the speed up of the expansion that is currently in the planning stage. The money would be dedicated to a mini library and computer room that is on the top floor and with an un-abstructed view of the foothills. Oh how relaxing that would be!
- Improve lighting in the gymnasium. 2 levels : for everyday activities, for sport activities.
- improve parking
- improve reception at front desk
- improve the parking
- Increase parking, bathrooms, exercise room. more meeting rooms, cafe or tea room, more programs/games, cards etc. THEATER!!!!!!!!!!!!!!!!!!!!!!
- Increase library and fitness areas, publicize it more
- Increase parking and class areas
- Increase size!
- Increase the number of group hikes planned in the spring and summer months and lower the price for attending them. Increase the number of outings, like picnics and such, in the summer months. Schedule hikes and other fun outdoor trips on weekends, Saturdays and Sundays, so people who HAVE JOBS can go to the activities. Not all of us over 55 are retired and well off, spending our days leisurely planning trips, but we still like to hike and do things outdoors. Because we work, we can only attend these activities on weekends. Please do not assume that all people over 55 or even 65 are retired and have weekdays free to leisurely spend doing the planned activities at the center. It is time to address the increasing population of older people who work until well into their 70's!! Having most activities only available during the work week shows an "out-of-touch" mentality (bordering on elitism) to the way the world is really functioning today. Please address this increasingly expanding issue.
- Increase the parking and especially the handicapped. Have more room for health related opportunities like massage/hands on type services.
Another thing would be to have better control on non-member usage.
- Increase the size of the yoga room and make it strictly a yoga room
- Increase the space and opportunity for additional exercise facilities.
- It would be nice to have outdoors place to walk.
- Keep Greg Daley on Staff :)
- larger library with room for QUIET studying. also, the fans aren't great
- Like to volunteer more. contribute more to activities/events.
- make a dedicated yoga classroom
- Make it bigger! And/or add a satellite center.
- Make it larger and provide more offerings.
- Make it larger!!
- Make it more accessible to seniors in the community who are low income and have difficulty with transportation. I worked in a low income community that is probably 2 miles from the Senior Center and it takes them well over an hour to get there by bus.
- make more room for exercise classes, weight/spinning room, easier check in procedures.
- Methinks it's great, as is!

- More affordable transportation to and From the Center. extend or build another swimming pool this is not too warm for younger swimmers. increase parking, bathroom facilities on upper floor, small tea or coffee shop, coat rack for lounge, Microwave for use for those who bring brown bag lunch.
- More communication between staff and members, more room for fitness and social-as games
- More parking, of course.
Fewer interruptions of regularly scheduled classes and programs with the building or rooms being rented.
Specific rooms in the addition designated for dance and fitness.
A room for the muscle building and toning equipment.
A larger space for the computers - out of the library - and classes in computer training.
Good area for games - cards - etc. Not good in the lobby.
- more room, coffee bar, longer track
- more rooms for art activities, larger or additional pool
- N/A
- offer more art classes. Would like to have a running track.
- PARKING
- parking
- place the expansion building where the raised gardens are - make a walk out basement open to the present sunken garden area - a parking lot to the west toward the pavilions at Silver Sage - have a second kitchen in the basement to serve a huge ballroom type meeting room with a patio at the lower level.
- Promote more activities for the under 50 "kids."
- provide better PR, more parking
- Provide more parking
- provide more parking spaces.
- put mostly ADA approved toilets in the regular stalls in the new bathrooms when the senior center expands. The higher height is more user friendly to many ages. The others are just too low...why do deep knee bends even if you are in good health. And as people age, it is just unnecessary stress on the joints.

I would have sofa and chair groupings of various heights like the orthopedic center has. The lower level of all the current furniture is harder to use when you have knee, hip and/or back issues. Also, the seat portion should be level and not sloping downward towards the backrest. You wouldn't have to work so hard to get out of the chair or sofa.

- recruit volunteers
- REDUCE GREATLY THE NUMBER OF AQUATIC CLASSES TO MAKE THE POOL AVAILABLE DURING THE WEEK FOR PEOPLE TO BE ABLE TO USE ON THEIR OWN!

EACH TIME I WANT TO SWIM (for physical therapy purposes) THERE IS ALWAYS A CLASS TAKING PLACE, SO I HAVE ACCESS ONLY TO THE LAP LANES; AND I AM UNABLE TO SWIM LAPS DUE TO PHYSICAL DISABILITIES. SO, MOST TIMES DURING THE WEEK I HAVE NO ACCESS TO THE POOL FOR MY THERAPY.

I HAVE HEARD MANY OTHERS IN THE DRESSING ROOMS SAY LIKE THINGS - IF THEY CANNOT AFFORD TO TAKE CLASSES ALL THE TIME, THEY HAVE NO ACCESS TO THE POOL BECAUSE THERE IS ALWAYS A CLASS TAKING PLACE.

SINCE IT IS A POOL FOR THE SENIOR COMMUNITY, -ALL- SENIORS SHOULD HAVE ACCESS TO IT, NOT ONLY THE ONES WHO WANT TO BE IN A CLASS!
(THOSE WHO WANT TO TAKE THE CLASSES CAN ALWAYS DO SO, AT DESIGNATED TIMES - NOT ALL THE TIME, AS THE CLASSES ARE NOW SCHEDULED.)

- Sand and revarnish the floors in the large rooms where exercise classes, musical events, weddings receptions, etc are held.

Expand the parking lot.

- Seems pretty great "as is," but maybe more/better pr?
- sodium free meal for Robert if possible
- Some of the exercise machines are in high demand in the very early morning and have time restrictions on usage because of that. I think we need to increase the number of machines that are in high demand and eliminate the ones that are rarely used. Since I am not there all day, I have limited information for early morning only.
- Somehow double the size of the parking lot
- Spend more time there
- Update the computers in the library to current technology
- use additional methods to reach community members to let them know about the available services and programs at the Senior Center.
- vary the days of the week for "out to lunch" not allow csu students to park in the lot to then catch the bus to classes
- wouldn't change