

## Programming Information for planning the new Community Center, June 2023

The Lincoln Community Center Building Committee has developed a series of information packets to aid ICON Architecture in planning and developing concepts for a new Community Center.

The information collected so far includes details on the current and possible future COA&HS and PRD programs, their scope, sizes and participation levels. The details have been collected by the department's staff and town administrators, and are shown in the attached documents.

### Lincoln Parks and Recreation Department Programs (PRD)

The PRD provides affordable and diverse wellness and enrichment opportunities, community-based special events, and safe recreational facilities to residents of all ages. Programs are designed to develop interests and skills, promote healthy lifestyles and socialization and enhance quality of life for all. Programs include Preschool, Youth, Adult and all ages.

PRD programs shown include the Minimum # needed to run a program, the Maximum # that can participate (usually limited by what the instructor can manage, sometimes by the room size), and the actual numbers of pre-registered and paid participants (drops-ins are allowed for some programs). The data is the actual, registration information for 6/1/2022 to 6/1 2023.

### Lincoln Council on Aging & Human Services (COA&HS)

The COA&HS offers a wide array of classes, services and activities, many focused on topics of special interest to those 60 and over and their caregivers while others will be of benefit to residents of all ages. Classes and activities include:

- educational presentations on health, legal, and benefits-related topics as well as the humanities, arts, travel, and much, much more
- fitness classes for all levels including strength and aerobics, Tai Chi, and line dancing
- health clinics and social services
- games, recreation activities, art exhibits and classes
- social events, movies

The COA&HS also provides one-to-one assistance to those 60 and over and their caregivers to help them stay safely in their homes, including information and referral and care management, transportation, medical equipment loan, friendly visiting, meals-on-wheels, and more. Specially trained volunteers offer health benefits counseling and tax preparation.

Program participants can register online at a web site "*myactivecenter*". Some programs are free, some require a small payment. A few programs require appointments, and a few require pre-registration. While online program registration is strongly encouraged, drop-ins often occur, and thus the number of registered participants does not reflect the actual attendance.

COHS&HS Programs shown includes the "Minimum Registered Attendance", and the "Maximum Registered Attendance" during various time periods pre, during and post Covid.

The Table also includes "Propose Attendance Capacity" numbers based on the Maximum Registered attendance in these time periods and an allowance for drop-ins.

This Programming Data has been reviewed by the CCBC and is for use for the next stages of ICON's work to plan and develop concepts for the new Community Center.

| PRD Programs - Min/Max/Actual |                                       |     |     |        |
|-------------------------------|---------------------------------------|-----|-----|--------|
| Program                       | Activity                              | Min | Max | Actual |
| <b>Preschool Music</b>        |                                       |     |     |        |
|                               | Music Together                        |     |     |        |
|                               | Fall 2022                             | 6   | 12  | 13     |
|                               | Winter 2023                           | 6   | 12  | 8      |
|                               | Spring 2023                           | 6   | 12  | 8      |
|                               | Canta y Baila Conmigo                 |     |     |        |
|                               | Fall 2022                             | 6   | 12  | 6      |
|                               | Winter 2023                           | 6   | 12  | 5      |
|                               | Spring 2023                           | 6   | 12  | 5      |
| <b>Preschool Sports</b>       |                                       |     |     |        |
|                               | Intro to Soccer                       |     |     |        |
|                               | Winter 2023 Ages 3-4                  | 6   | 12  | 8      |
|                               | Winter 2023 Ages 4-5                  | 6   | 12  | 10     |
|                               | Intro to Basketball                   |     |     |        |
|                               | Winter 2023 Ages 3-5                  | 6   | 12  | 8      |
|                               | Multi-Sport Tot                       |     |     |        |
|                               | Spring 2023 Ages 2-3                  | 6   | 12  | 7      |
|                               | Spring 2023 Ages 4-5                  | 6   | 12  | 5      |
|                               | Hoopster Tots                         |     |     |        |
|                               | Fall 2022 Ages 3-PK                   | 4   | 8   | 5      |
| <b>Tumbling</b>               |                                       |     |     |        |
|                               | Tumbling Tots                         |     |     |        |
|                               | Fall 2022 Session 1                   | 6   | 10  | 0      |
|                               | Fall 2022 Session 2                   | 6   | 10  | 6      |
|                               | Winter 2023                           | 6   | 10  | 7      |
|                               | Spring 2023                           | 6   | 10  | 10     |
| <b>Youth Science</b>          |                                       |     |     |        |
|                               | Spectacular Hands on Science          |     |     |        |
|                               | Fall 2022                             | 6   | 15  | 14     |
|                               | Winter 2023                           | 6   | 15  | 15     |
| <b>Youth Music</b>            |                                       |     |     |        |
|                               | Rhythm Kids                           |     |     |        |
|                               | Fall 2022                             | 4   | 10  | 5      |
|                               | Winter 2023                           | 4   | 10  | 0      |
| <b>Youth Dance</b>            |                                       |     |     |        |
|                               | Hip Hop                               |     |     |        |
|                               | Fall 2022                             | 6   | 12  | 0*     |
| <b>Youth Computer Science</b> |                                       |     |     |        |
|                               | Coding with Python                    |     |     |        |
|                               | Winter 2023                           | 8   | 12  | 3      |
|                               | Coding with Scratch & Python          |     |     |        |
|                               | Fall 2022                             | 8   | 12  | 12     |
|                               | 3D Design: Model & Sculpt & Architect |     |     |        |
|                               | Winter 2023                           | 8   | 12  | 12     |
|                               | Minecraft Exploration                 |     |     |        |
|                               | Fall 2022                             | 8   | 12  | 12     |
|                               | Spring 2023                           | 8   | 12  | 12     |
|                               | 2d-Video Game Design with Flowlab     |     |     |        |
|                               | Spring 2023                           | 8   | 12  | 8      |

| KEY   |
|---|
| <b>Definitions</b>  |
| Minimum = Minimum # Needed to Run   |
| Maximum = Maximum # Allowed (as set by vendor/PRD)  |
| Actual = Actual # of people registered (Registration numbers are from 6/1/22 - 6/1/23)                |
| <b>Asterisk Notes</b>   |
| *Hip Hop ran in the Fall of 2021 with 6   |
| <b>Registration Process</b>   |
| People register for classes, and attend all classes in a session (there are no drop-ins)              |
| <b>Notes</b>  |
| Hoopster Tots - Fall 2022 (Took place outside, but moved some classes into A Pod due to weather)      |
| Multi-Sport Tots - Spring 2023 (Took place outside, but moved some classes into A Pod due to weather) |

| Program               | Activity                     | Min | Max | Actual |
|-----------------------|------------------------------|-----|-----|--------|
| <b>Youth Language</b> |                              |     |     |        |
|                       | ASL - Level 1                |     |     |        |
|                       | <i>Winter 2023</i>           | 4   | 10  | 10     |
|                       | <i>Spring 2023</i>           | 4   | 10  | 3      |
|                       | ASL - Level 2                |     |     |        |
|                       | <i>Spring 2023</i>           | 4   | 10  | 6      |
| <b>Textile Arts</b>   |                              |     |     |        |
|                       | Jewelry Making               |     |     |        |
|                       | <i>Spring 2023</i>           | 6   | 10  | 6      |
|                       | Sewing                       |     |     |        |
|                       | <i>Spring 2023</i>           | 6   | 10  | 0      |
| <b>Youth Art</b>      |                              |     |     |        |
|                       | Elle's Art                   |     |     |        |
|                       | <i>Fall 2022</i>             | 6   | 12  | 10     |
|                       | <i>Winter 2023</i>           | 6   | 12  | 13     |
|                       | <i>Spring 2023</i>           | 6   | 12  | 11     |
| <b>Youth Karate</b>   |                              |     |     |        |
|                       | Intro to Kenpo Karate        |     |     |        |
|                       | <i>Fall 2022</i>             | 4   | 10  | 11     |
|                       | <i>Winter 2023</i>           | 4   | 10  | 9      |
|                       | <i>Spring 2023</i>           | 4   | 10  | 5      |
| <b>Youth Workshop</b> |                              |     |     |        |
|                       | Babysitting/CPR              |     |     |        |
|                       | <i>Fall 2022</i>             | 6   | 10  | 7      |
|                       | <i>Spring 2023</i>           | 6   | 10  | 0      |
|                       | Home Alone Safety            |     |     |        |
|                       | <i>Fall 2022</i>             | 4   | 12  | 13     |
|                       | <i>Spring 2023</i>           | 4   | 12  | 6      |
|                       | Kite Making                  |     |     |        |
|                       | <i>Spring 2023</i>           | 10  | 20  | 0      |
| <b>Gymnastics</b>     |                              |     |     |        |
|                       | Ages 3-5 Gymnastics          |     |     |        |
|                       | <i>Fall 2022</i>             | 6   | 12  | 12     |
|                       | <i>Winter 2023</i>           | 6   | 12  | 12     |
|                       | <i>Spring 2023</i>           | 6   | 12  | 12     |
|                       | Beginner Gymnastics          |     |     |        |
|                       | <i>Fall 2022</i>             | 6   | 12  | 14     |
|                       | <i>Winter 2023</i>           | 6   | 12  | 13     |
|                       | <i>Spring 2023</i>           | 6   | 12  | 13     |
|                       | Intermediate Gymnastics      |     |     |        |
|                       | <i>Fall 2022</i>             | 6   | 12  | 14     |
|                       | <i>Winter 2023</i>           | 6   | 12  | 9      |
|                       | <i>Spring 2023</i>           | 6   | 12  | 8      |
| <b>Adult Language</b> |                              |     |     |        |
|                       | ASL                          |     |     |        |
|                       | <i>Spring 2023</i>           | 4   | 10  | 2      |
|                       | Italian                      |     |     |        |
|                       | <i>Winter 2023</i>           | 4   | 8   | 0      |
| <b>Adult Fitness</b>  |                              |     |     |        |
|                       | Mat Pilates                  |     |     |        |
|                       | <i>Fall 2022 - Mondays</i>   | 4   | 12  | 8      |
|                       | <i>Fall 2022 - Thursdays</i> | 4   | 12  | 8      |
|                       | <i>Winter 2023 - Mondays</i> | 4   | 12  | 7      |

|   |                                |    |    |       |
|---|--------------------------------|----|----|-------|
|   | <i>Winter 2023 - Thursdays</i> | 4  | 12 | 6     |
|   | <i>Spring 2023 - Mondays</i>   | 4  | 12 | 6     |
|   | <i>Spring 2023 - Thursdays</i> | 4  | 12 | 6     |
| <b>BollyX</b>                             |                                |    |    |       |
|   | <i>Fall 2022 - Tuesdays</i>    | 6  | 12 | 6     |
|   | <i>Fall 2022 - Fridays</i>     | 6  | 12 | 3     |
|   | <i>Winter 2023 - Tuesdays</i>  | 6  | 12 | 6     |
|   | <i>Winter 2023 - Thursdays</i> | 6  | 12 | 5     |
|   | <i>Spring 2023 - Tuesdays</i>  | 6  | 12 | 5     |
|   | <i>Spring 2023 - Thursdays</i> | 6  | 12 | 5     |
| <b>Hatha Yoga</b>                         |                                |    |    |       |
|   | <i>Fall 2022</i>               | 4  | 10 | 5     |
|   | <i>Spring 2023</i>             | 4  | 10 | 6     |
| <b>Ultimate Fitness</b>                   |                                |    |    |       |
|   | <i>Fall 2022 - Tuesdays</i>    | 6  | 14 | 14    |
|   | <i>Fall 2022 - Fridays</i>     | 6  | 14 | 8     |
|   | <i>Winter 2023 - Tuesdays</i>  | 6  | 14 | 14    |
|   | <i>Winter 2023 - Fridays</i>   | 6  | 14 | 14    |
|   | <i>Spring 2023 - Tuesdays</i>  | 6  | 14 | 15    |
|   | <i>Spring 2023 - Fridays</i>   | 6  | 14 | 11    |
| <b>Chair Yoga</b>                         |                                |    |    |       |
|   | <i>Spring 2023</i>             | 4  | 8  | 0     |
| <b>Zumba</b>                              |                                |    |    |       |
|   | <i>Winter 2023</i>             | 4  | 12 | 6     |
| <b>Adult Workshop</b>                     |                                |    |    |       |
| <b>First Aid/CPR</b>                      |                                |    |    |       |
|   | <i>Winter 2023</i>             | 5  | 8  | 5     |
| <b>Open Studio</b>                        |                                |    |    |       |
| <b>Adult Open Studio Art</b>              |                                |    |    |       |
|   | <i>Fall 2022</i>               | 4  | 10 | 7     |
|   | <i>Winter 2023</i>             | 4  | 10 | 8     |
|   | <i>Spring 2023</i>             | 4  | 10 | 6     |
| <b>Lincoln Preschool</b>                  |                                |    |    |       |
| <b>Lincoln Preschool Activity Classes</b> |                                |    |    |       |
|   | <i>Fall 2022</i>               | 10 | 15 | 10-15 |
|   | <i>Winter 2023</i>             | 10 | 15 | 10-15 |
|   | <i>Spring 2023</i>             | 10 | 15 | 10-15 |
| <b>Magic Garden</b>                       |                                |    |    |       |
| <b>Magic Garden Activity Classes</b>      |                                |    |    |       |
|   | <i>Fall 2022</i>               | 10 | 15 | 10-15 |
|   | <i>Winter 2023</i>             | 10 | 15 | 10-15 |
|   | <i>Spring 2023</i>             | 10 | 15 | 10-15 |

6/22/2023

| COA&HS Programming<br><br>Working Document        | Proposed<br><br>Attendance Cap | "post" covid<br>Jan 1, 2023 - May 15, 2023 |                | "during" covid<br>Jan 1 2022 - Dec 31 2022 |                | "pre" covid<br>Jan 1 2019 - Dec 31 2019 |                | #     | Key  |
|---|--------------------------------|--|----------------|--|----------------|---|----------------|-------|--|
|   |                                | Min. Attendance                            | Max Attendance | Min. Attendance                            | Max Attendance | Min. Attendance                         | Max Attendance |       |  |
| Foreign Language A/French                         | 12                             | 5  | 8              | 4  | 11             | 4                                       |                | 8 *   | Group size restricted by room size<br>These two classes have alternated, and not run at the same time yet, but may in the future.<br>No Chair yoga in 2022, 2021 figures are used instead. |
| Foreign Language B/Spanish                        | 6                              | n/a  | n/a            | n/a  | n/a            | 1                                       |                | 3 **  |  |
| Foreign Language C/Russian                        | 8                              | n/a  | n/a            | 2  | 4              | 2                                       |                | 5 *** |  |
| Foreign Language D/German                         | 12                             | 9  | 10             | 6  | 10             | 5                                       |                | 9     | Genealogy numbers from 2018  |
| Knitting#   | 8                              | 2  | 6              | 1  | 6              | 1                                       |                | 5     |  |
| English Language Learner                          | 12                             | 2  | 12             | n/a  | n/a            | n/a                                     |                | n/a   |  |
| Memoirs   | 10                             | 4  | 7              | 5  | 8              | 3                                       |                | 8     |  |
| Men's Coffee                                      | 35                             | 6  | 9              | 4  | 12             | 13                                      |                | 28    |  |
| Ukulele#  | 12                             | 3  | 7              | 2  | 8              | 3                                       |                | 7     |  |
| Support Group A/Caregiver                         | 12                             | 10   | 11             | 3  | 10             | n/a                                     |                | n/a   |  |
| Support Group B/Bereavement                       | 12                             | 5  | 5              | n/a  | n/a            | n/a                                     |                | n/a   |  |
| Support Group C/Change                            | 12                             | 4  | 6              | 4  | 7              | 2                                       |                | 6     |  |
| Support Group D/"COVID"                           | 12                             | 3  | 6              | 2  | 7              | n/a                                     |                | n/a   |  |
| Support Group E/Carlee Lead, post LCSW            | 12                             | n/a  | n/a            | n/a  | n/a            | n/a                                     |                | n/a   |  |
| Art A/Open Art Studio                             | 10                             | 2  | 8              | 2  | 5              | 2                                       |                | 3     |  |
| Art B/Watercolor (outdoors)#                      | 15                             | 9  | 15             | 4  | 9              | 3                                       |                | 6     |  |
| Fitness A/Zumba Gold                              | 15                             | 4  | 6              | n/a  | n/a            | n/a                                     |                | n/a   |  |
| Fitness B/Line Dancing                            | 15                             | 3  | 11             | 2  | 9              | 2                                       |                | 9     |  |
| Fitness C/Tai Chi 1                               | 35                             | 11   | 29             | 17   | 28             | 9                                       |                | 19    |  |
| Fitness D/Tai Chi 2                               | 15                             | 3  | 7              | 2  | 7              | 2                                       |                | 7     |  |
| Fitness E/ Tai Chi 3                              | 15                             | 5  | 10             | 4  | 10             | n/a                                     |                | n/a   |  |
| Fitness F/Strech & Flex                           | 15                             | 3  | 8              | 2  | 9              | 5                                       |                | 15    |  |
| Fitness G/Active Aging                            | 15                             | 3  | 11             | 2  | 7              | 3                                       |                | 13    |  |
| Fitness H/Chair Yoga or SAIL*                     | 20                             | 5  | 11             | 6  | 14             | n/a                                     |                | n/a   |  |
| Fitness H/Chair Yoga or SAIL*                     | 20                             | 7  | 14             | 8  | 14             | n/a                                     |                | n/a   |  |
| Piano   | 6                              | 4  | 6              | n/a  | n/a            | 2                                       |                | 4     |  |
| Senior Dining                                     | 50                             | 22   | 41             | 18   | 43             | 20                                      |                | 38    |  |
| Chess/Cribbage                                    | 6                              | n/a  | n/a            | n/a  | n/a            | 2                                       |                | 2     |  |
| Bridge  | 12                             | n/a  | n/a            | n/a  | n/a            | 3                                       |                | 7     |  |
| Mah Jong  | 12                             | n/a  | n/a            | n/a  | n/a            | 5                                       |                | 12    |  |
| Lincoln Academy                                   | 75                             | 6  | 65             | 5  | 24             | 2                                       |                | 51    |  |
| Genealogy***                                      | 10                             | n/a  | 7              | n/a  | n/a            | 3                                       |                | 6     |  |
| Play Reading                                      | 6                              | n/a  | n/a            | n/a  | n/a            | 2                                       |                | 4     |  |
| Movie   | 10                             | 1  | 6              | 1  | 9              | 1                                       |                | 6     |  |
| Community Education (not Lincoln Academy)         | 35                             | 10   | 26             | 5  | 19             | 2                                       |                | 18    |  |
| Special Events, e.g. Concerts, Holiday open House | 65                             | 45   | 45             | 35   | 35             | 40                                      |                | 64    |  |