

## Recreational Centres for Seniors

*One City, One Centre for Seniors* is a small organisation with a big mission: to build one modern, single-floored, well equipped facility for older residents of Cambridge, Ontario. Peter Van de Water, President of the One City, One Centre board, asked the Science Shop to provide information that could inform a proposal to Cambridge City Council. The staff of the Science Shop conducted an environmental scan of the characteristics of recreation centres for seniors in eight Ontario cities comparable in size to Cambridge.

Stephanie McCaig, a recent BSc graduate of the University of Waterloo and Science Shop research assistant funded by Knowledge Impact Strategies Consulting Ltd, and Derek Rauwerda, Science Shop undergraduate co-op student funded by the Faculty of Arts, completed the work. Stephanie and Derek created two spreadsheets from the information they gathered from telephone surveys and websites.

The first spreadsheet, *Environmental Scan of Seniors Recreation Centres*, provided demographic characteristics of each of the eight recreation centres they sampled. The information includes factors such as population served, construction costs, funding sources, and so forth. The second spreadsheet, *Analysis of Seniors Recreation Centres* compared services offered by the centres such as fitness, computer, and crafts facilities, clinics, clubs, restaurants, and outings. Guelph, Kingston, and Burlington were found to be exemplars of 'one-centre' cities.



Stephanie and Derek delivered the environmental scan and analysis at the University of Waterloo to Peter Van de Water in May 2009. In back from left: Bill Callery (Science Shop Co-Chair) and Derek Rauwerda; in front: Peter Van de Water and Stephanie McCaig. They also gave a presentation of the results in Cambridge to the One City, One Centre meeting of the board members.



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**Subject: Recreational Centres for Seniors**

**Message:**

1. Your name
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4. Reason for your interest in our review of recreational centres for seniors.

When the information is complete, you will receive the report by email within two working days. The report is free of cost in return for telling us about your interests in the topic. Your comments will help demonstrate Science Shop impact to our current and future sponsors. Your identifying information will, however, never be revealed or released by the Science Shop to any other individual or group.