

SECTION 2 Program

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SECTION 2.1 - Program Narrative

Program History

In an effort to gain input from the senior community of Hudson, the Feasibility Study Committee, the Hudson Council on Aging, the Friends of the Hudson Senior Center, the Center Director, the Executive Assistant's office, and Graham Meus conducted a series of group meetings including an open workshop at the onset of the project. It was understood by all involved that the study was to provide critical analysis of the existing conditions and goals for future improvements.

Staff Interviews

A group meeting was conducted at the Hudson Senior Center on December 7, 2006. The purpose of this gathering was to identify key program requirements from the Director and program administrators. The last page of this section includes the approved space program which was developed as a result of this meeting and the workshop referenced below.

Open Workshop

At the very start of the study a comprehensive workshop was conducted. On December 8th, 2006 both principals, Dan Meus and Gary Graham carried out a half day workshop held at the Hudson Senior Center. The process was first explained in detail and interactive group discussions were encouraged. The workshop was divided into three activities. Program needs were discussed in activity one. Existing strengths and weakness were discussed in activity two. And activity three addressed the vision of the senior population for an improved Center. Approximately 50 people were in attendance. Each person was given an opportunity to be heard, and have their input be an integral part of the space program.

Several improvements and issues including those listed below were brought forward.

1. Accessibly upgrades - exterior and interior.
2. A need for a clear reception area
3. Improved toilet rooms and accessibility
4. Program space requirements and adjacencies
5. The need for an elevator and additional vertical circulation
6. Preserve the "home away from home" character of the center.
7. Preserve and enhance the views of Bruce's pond.
8. Possibility of a 25% senior increase in Senior population
9. A need for a large multi-purpose gathering space.
10. Address additional parking
11. Address Hazardous materials
12. A phasing plan was discussed and determined important to the services of the center.
13. Exterior and interior materials were discussed

Program Meetings

1. A meeting was conducted again at the Senior Center on December 19th, 2006. Graham Meus and The Feasibility Study Committee were in attendance. The purpose of this meeting was to discuss the findings of the workshop and amend the preliminary program.
2. A schematic design review meeting was held in which Graham Meus presented 4 schemes and a preliminary construction cost estimate for each. After these discussions, a final 5th scheme was developed and submitted via email for comment on January 9th, 2007.
3. The final scheme, including refined floor plans and elevations, was presented to The Feasibility Study Committee on January 19th, 2007. During this period A.M. Fogarty, professional cost estimators, was hired to develop a schematic construction cost estimate.
4. A Public Hearing to unveil the feasibility study was held the evening of January 29th, 2007. In collaboration with the Town's Assistant Administrator, Michelle Ciccolo and Senior Center Director, Janice Long, Graham Meus conducted a slide presentation to over 80 people, including many of Hudson's senior population.

SECTION 2.2 Massachusetts Institute for Social and Economic Research

To insure an appropriate size for the Senior Center, Graham Meus studied the local MISER population projections, a chart of which is included below. Taken into consideration was the recommended square footage set by Massachusetts Council of Elder Affairs (MCEA), of five to six square feet per senior citizen. MISER predicts that by the year 2020, a total of 4,637 seniors will reside in the Town of Hudson; therefore an optimum building of 23,185-27,822 square feet would be the recommended standard. Hudson seniors and officials considered carefully the desire to maintain the center in its existing location and focused on developing a space plan that allowed for multiple uses in several of the spaces. In this fashion a design concept was developed for the new expansion that, although smaller than the MCEA recommendation, still meets the projected present and future needs of the Center. The proposed program is designed for a 14,070 square foot total building but includes the future opportunity to fit out an at-grade "basement" space and attic space to ultimately bring the total square footage closer to the MCEA recommended size.

MISER Population chart

Note: The below MISER totals do not include the age group 55-59. However, it is our experience that this age group typically uses Senior Centers much less frequently and therefore can be reasonably omitted in the MCEA calculation of ideal building size.

COUNTY	TOWN	SEX	AGE GROUP	Census 1980	Census 1990	Census 2000	Census 2010	Census 2020
Middlesex	Hudson town	Male	55-59	326	401	459	592	740
Middlesex	Hudson town	Male	60-64	316	352	373	519	663
Middlesex	Hudson town	Male	65-69	182	244	315	363	478
Middlesex	Hudson town	Male	70-74	143	213	244	271	387
Middlesex	Hudson town	Male	75-79	103	117	159	220	262
Middlesex	Hudson town	Male	80-84	57	72	117	141	165
Middlesex	Hudson town	Male	85-89	29	31	41	56	85
Middlesex	Hudson town	Male	90 plus	11	14	10	18	27
Total							1588	2067
Middlesex	Hudson town	Female	55-59	385	445	454	644	759
Middlesex	Hudson town	Female	60-64	351	365	390	548	677
Middlesex	Hudson town	Female	65-69	261	359	388	415	594
Middlesex	Hudson town	Female	70-74	249	293	323	341	486
Middlesex	Hudson town	Female	75-79	199	228	274	324	354
Middlesex	Hudson town	Female	80-84	124	149	210	219	240
Middlesex	Hudson town	Female	85-89	59	90	88	119	152
Middlesex	Hudson town	Female	90 plus	25	42	45	59	77
Total							2025	2570

Please also note the population of the four proposed senior housing developments is not calculated in the above chart as the MISER projections come from existing census trends. Nonetheless, because the proposed design scheme was developed to meet very specific space programming needs, as identified by local leaders and participating seniors, we do not feel that the inclusion of projected population from these 4 housing developments would have altered the outcome of our recommended building size.

SECTION 2.3 Preliminary Space Program

As a result of several interviews, Feasibility Study Committee meetings and an open workshop (as outlined in Section 2.1) a Preliminary Space program was generated. It is separated into four major sections; Administration, Gathering, Program Activities and Support Areas. A study of the existing conditions provided current square footages for each room. With the help of the committee, Graham Meus was able to propose optimum space requirements per room. However, with site constraints a minimum square footage was required for some rooms.

One of the prime considerations included at the onset of this study was the desire for an elevator. The elevator is necessary to meet current codes. The existing chair lift is inadequate, violates current stair code and creates unsuitable egress issues.

Before and during the study, members of the Feasibility Study Committee visited other senior centers in the area and found that certain program spaces added a considerable amount of charm and efficiency to the center. For instance, the suggestion to include a gift shop/ coffee bar would provide seniors with a nice place to gather and possibly generate additional revenue.

Another requirement that was added is accessible storage space. The current center has minimal storage areas located on second and third floors, but these spaces are very difficult to access. As a result, administration storage, kitchen pantry, furniture storage and a janitor's closet were added into the program.

The current toilet rooms do not comply with current accessibility requirements. One toilet on the first floor is used by both men and women. This toilet is also shared with staff. Two additional toilet rooms are located on the second floor. Additional toilets rooms plus one accessible toilet were a necessity to the program.

In conclusion, the net interior square footage determined at this early phase to be desirable was 8,540, with an external gross of 10,675 square feet. Refer to the following page for a detailed accounting of this initial recommended space program.

Preliminary Space Program				
Room/ Program	Existing	Minimum	Optimum	Comments
Administration				
Recept./ Admin Assistant/ General Staff	260 sf	300 sf	300 sf	At entrance/ Near Janice 4 desks + workstation
Lobby	0 sf	500 sf	500 sf	Enclosed Vestibule for energy
Gift Shop Counter	0 sf	250 sf	300 sf	w/ coffee bar
Conference Room	0 sf	200 sf	200 sf	
Program Director	260 sf	150 sf	150 sf	Janice more private
Outreach Full Time	96 sf	120 sf	120 sf	
Outreach Part Time	0 sf	80 sf	80 sf	Bi-lingual
Admin. Storage	0 sf	120 sf	120 sf	Supplies/ Copy machine/ etc
General Staff Area	145 sf	0 sf	0 sf	See Reception/ Admin
Gathering				
Large Multi-Purpose	750 sf	2000 sf	2300 sf	With a divider wall
Library/TV/ MP	430 sf	430 sf	430 sf	Remain as-is
Commercial Kitchen	320 sf	370 sf	370 sf	Could contain serving area
Kitchen Pantry	0 sf	120 sf	150 sf	To receive/ store shipments
Furniture Storage	0 sf	350 sf	350 sf	Store tables/ Chairs
Serving Area	220 sf	0 sf	0 sf	Included in Kitchen
Coat Storage	0 sf	50 sf	50 sf	Could be pegs in furniture
Program Activities				
Card/ Billiards	150 sf	500 sf	600 sf	1 pool table 2-3 card tables
Painting/ Craft	300 sf		500 sf	
Ceramics	340 sf		200sf	Class and Kiln Rooms
Kiln/ Storage	365 sf		100 sf	can be combined into 1
Thrift Shop	475 sf		0 sf	Gift shop to replace this
Computer	200 sf	100 sf	120 sf	Stations scattered in building
Support Areas				
Health Screening	0 sf		100 sf	Nurse/ Podiatrist
Men's Toilet	30 sf		150 sf	
Women's Toilet	60 sf		240 sf	
Janitor's Closet	0 sf		60 sf	One per floor
Seasonal Storage	975 sf		1000 sf	
Accessible Toilet	43 sf		50 sf	
			8,540 sf	Net sf
			10,675 sf	Gross SF

Additional Notes:

Computer Classes will be held at High School starting in February 2007

Group Fitness is currently held at the Boys and Girls Club

An elevator is a necessity for the center

A wood shop may be a nice bonus