



Agenda Report

MEETING DATE: Thursday, May 2, 2024

TO: PARKS & RECREATION COMMISSION

FROM: KATIE NUNEZ, OLDER ADULT SERVICES SUPERVISORRR

SUBJECT: REPORT ON 2023-2024 OLDER ADULT SERVICES AND PROGRAMS

RECOMMENDED ACTION:

Receive the report on 2023-2024 Older Adult Services and Programs.

DISCUSSION:

Description of Services

The Older Adult Services Unit is dedicated to crafting engaging programs and activities tailored for residents ages 50 and above, fostering opportunities for staying active, socializing, and continuous learning. Leveraging strong partnerships with local nonprofits, we seamlessly connect older adults within our community to a wealth of resources. Situated at the heart of our efforts, the Watsonville Senior Center serves as the hub for the Older Adult Services Unit.

Activities

The Older Adult Services Unit offers a myriad of activities for people 50+ to participate in. A list of current activities being offered is shown in table 1.

Table 1 List of Older Adult Activities

Group Exercise	Every Monday at 10 AM
English As a Second Language	Mondays and Wednesdays 9-11:30 AM
TaiJi	Every Tuesday at 9 AM
Bilingual Chair Yoga	Every Tuesday and Thursday at 10 AM
Arts and Crafts	Every Wednesday at 10 AM
Worldanz	Every Wednesday at 2 PM
Beginner Ballet	Every Thursday at 1:15 PM
Latin Dance	Every Friday at 10 AM
Tech Workshops	Every 3 rd Tuesday of the Month at 12:30 and 2:30 PM
Senior Nature Walks	Every last Tuesday of the month 1:30-3 PM
Post Stamp Club	Every 1 st Wednesday of the Month 1-3 PM
Fundamentals of Art	Friday April 12-May 3 & June 7-28 1:30-3:30 PM
1 on 1 Tech Support	By Appointment
Memoir Writing Class	Monday and Wednesdays, July 8-24, 1-2 PM

Upcoming Events

The Older Adult Services Unit is thrilled to offer events, workshops, and trips for all to enjoy. Below is a list of upcoming events.

- **Senior Resource Fair.** We are celebrating Older American Month by offering a resource fair for everyone in the community to attend. The event is on Friday, May 17th from 2-5 PM in the Watsonville Plaza.
- **Pup Parade.** To get ready for 4th of July, the Older Adult Services unit will be hosting its second annual Pup Parade on July 3rd from 3-6 PM at Franich Park.
- **Understanding Alzheimer's and Dementia.** In partnership with the Alzheimer's Association, the Watsonville Senior Center will host a workshop on Understanding Alzheimer's and Dementia. This workshop, scheduled for Thursday, June 6th from 12:30-1:30 PM, is open to everyone, including caregivers.
- **California Academy of Sciences Trip.** The Older Adult Services Unit is offering a trip to the California Academy of Sciences in San Francisco on Tuesday June 11th. Transportation from the Watsonville Senior Center, and admission into the museum is included. Financial assistance is available for qualifying residents.
- **Walk It Out Wednesdays.** In partnership with the Diversity Center, the Watsonville Senior Center invites LGBTQ+ seniors and allies to a quarterly walking group and lunch. A free lunch is provided to participants who RSVP. The next walk is scheduled for Wednesday, June 26 from 12-2 PM at the Watsonville Senior Center.

Partnerships

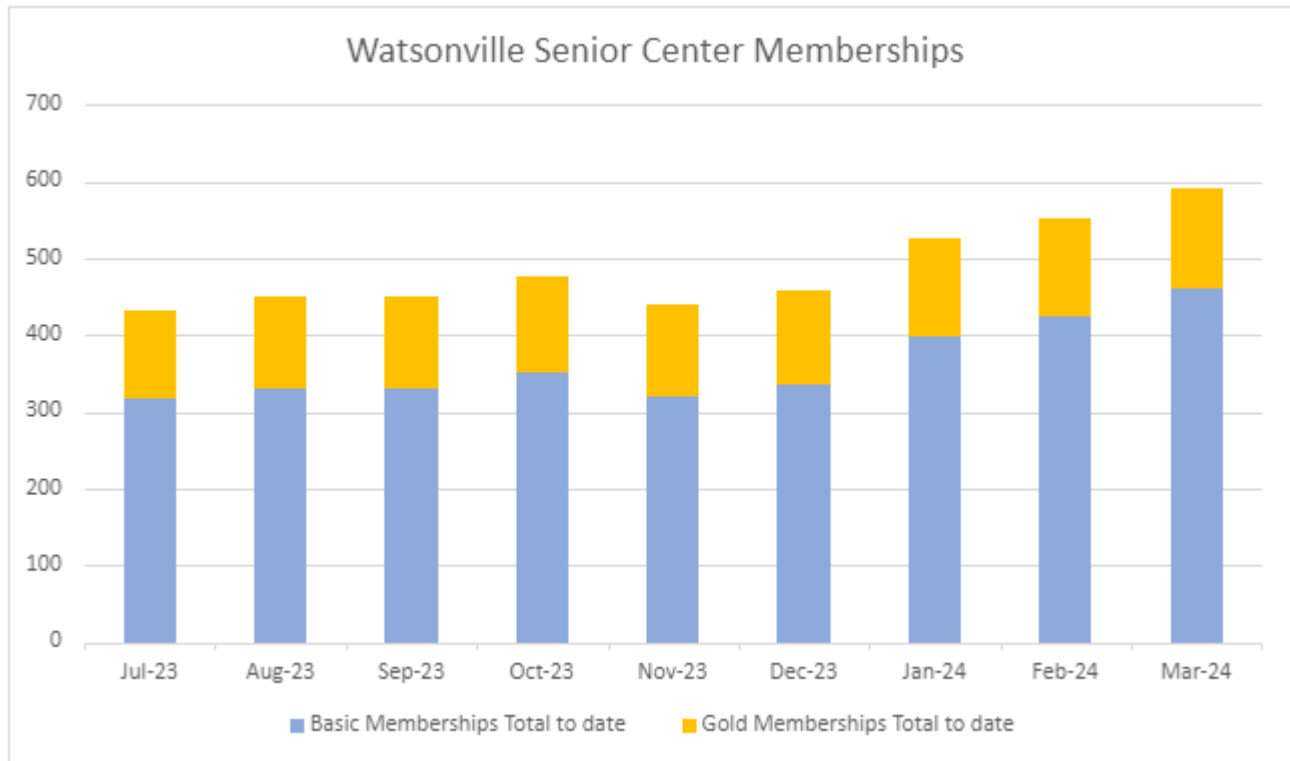
Partnerships with local nonprofits benefit the Watsonville Senior Center by expanding services, sharing resources, engaging the community, accessing ability, enabling collaborative programming, and increasing visibility. Listed below are the current partnerships with community-based organizations who offer direct services from the Watsonville Senior Center.

- Meals on Wheels of Santa Cruz County, Community Bridges
- Lift Line, Community Bridges
- Senior Network Services
- Senior Legal Services
- Project Scout
- Family Agency of the Central Coast
- Grey Bears
- Second Harvest
- Watsonville Adult Education
- Alzheimer's Association
- The Diversity Center
- City of Watsonville Nature Center
- Yoga for All Movement
- Arts Council Santa Cruz County

Participation

The Watsonville Senior Center provides two membership options: the complimentary Basic Membership and the \$20-a-year Gold Membership. Certain activities necessitate a Gold Membership for participation. Membership at the Watsonville Senior Center has shown a steady increase, reaching a total of 591 memberships as of March 2024. This growth is further illustrated in Table 2 below. Additionally, our daily average attendance at the senior center stands at 76 individuals per day.

Table 2 Memberships

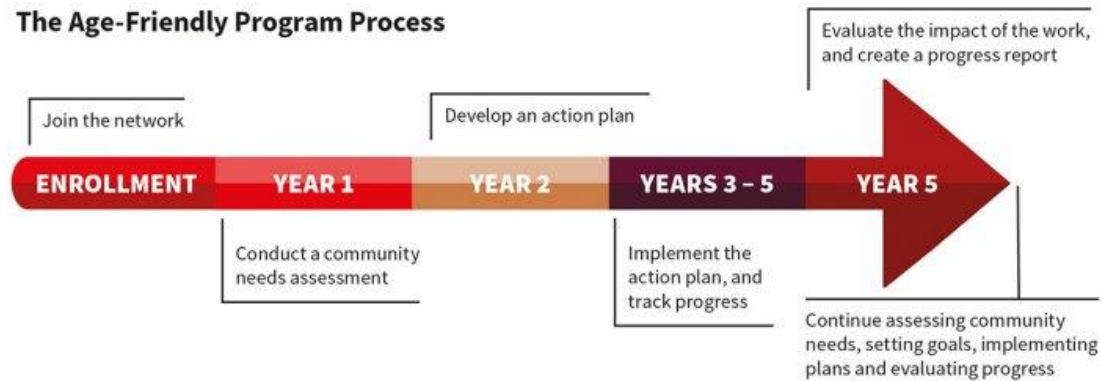


Master Plan for Aging/ AARP Age Friendly

In February of 2020, the City of Watsonville publicly affirmed its dedication to transforming into an Age-Friendly Community. By August 2022, the City took concrete steps forward by submitting its application to join the esteemed AARP Age-Friendly Network, marking the beginning of a transformative journey. The Age-Friendly program operates on a 5-year cycle, with a detailed timeline outlined in Table 3 below. Recently, the City of Watsonville, in collaboration with the County of Santa Cruz and neighboring city jurisdictions, concluded its Age Well survey and is currently finalizing data entry. As we transition into the third phase of this process, our esteemed Senior Action Committee members will spearhead the formulation of a comprehensive action plan.

Table 3 AARP Age Friendly Program Process

The Age-Friendly Program Process



Senior Center Renovations

The Watsonville Senior Center is undergoing renovations to enhance its facilities, including upgrades to the coffee bar, the large kitchen, front doors, and front desk, which are being implemented in phases. Anticipated completion for all renovations is scheduled for June 2024. Despite the ongoing improvements, the Watsonville Senior Center will continue to operate without interruption. We're pleased to announce that phase one of the renovation project has already been successfully completed.

STRATEGIC PLAN:

The programs, activities, and services offered allow people over 50 years to staying active, create social networks, and stay connected to resources. This initiative relates to the 05- Community Engagement & Well-Being item in the Strategic Plan.

The AARP Age Friendly process will allow us to have more insight on the needs of the community members in the City of Watsonville as they continue to age. Findings from the Age Well survey will relate to strategic plan items such as: 01- Housing, 03- Infrastructure & Environment, 05- Community Engagement & Well-Being, and 06- Public Safety.

FINANCIAL IMPACT:

Expenses for older adult programs are included in the adopted FY 2023-2024 Fiscal Year Budget. Bilingual Chair Yoga, TaiJi, Worldanz, and Beginner Ballet classes are brought by Measure R funding.

ALTERNATIVE ACTION:

None.

ATTACHMENTS AND/OR REFERENCES (If any):

None.