

Seniors Advisory Committee 2021 Seniors Hub Concept Report

Presented to: Strathcona County Priorities Committee
Presented by: Strathcona County Seniors Advisory Committee
Date: 26 January 2021





Why are we here again so soon?

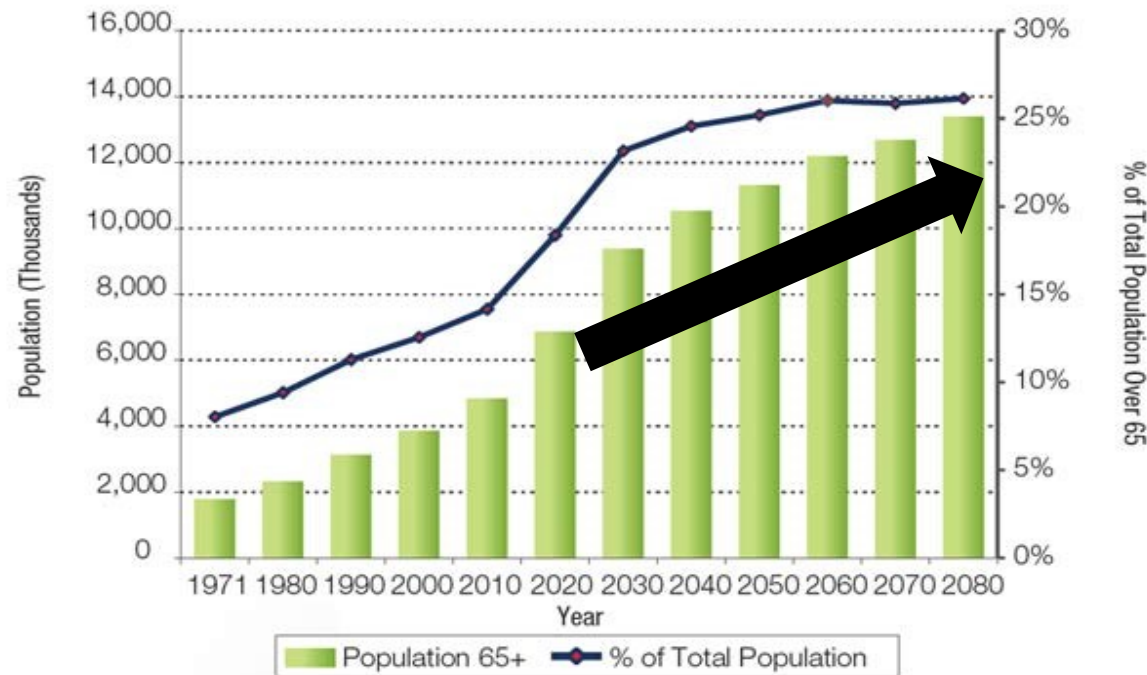
- Follow up to Oct 20th meeting
- Questions raised by Council...we have the answers
 - *"Why are 275 County residents members of the South East Edmonton Seniors Centre and not staying here?"*
 - *"What is the County doing / not doing for seniors?"*
 - *"What should the County be doing?"*

What we learned – Your Question Answered?

- Strathcona County is aging. Nearly 1/3 are over 55 and they now outnumber those under 25
- Seniors and their needs are different from children, youth and young adults
- We've completed extensive research which we will share with you today
- There are significant gaps in the activities, programs and services in Strathcona County
- Investment in seniors focused recreation and culture facilities is a very small fraction of spending and value compared to youth
- Identified an appropriate Seniors Centre Facility is needed now, and the need will only continue to grow in the future

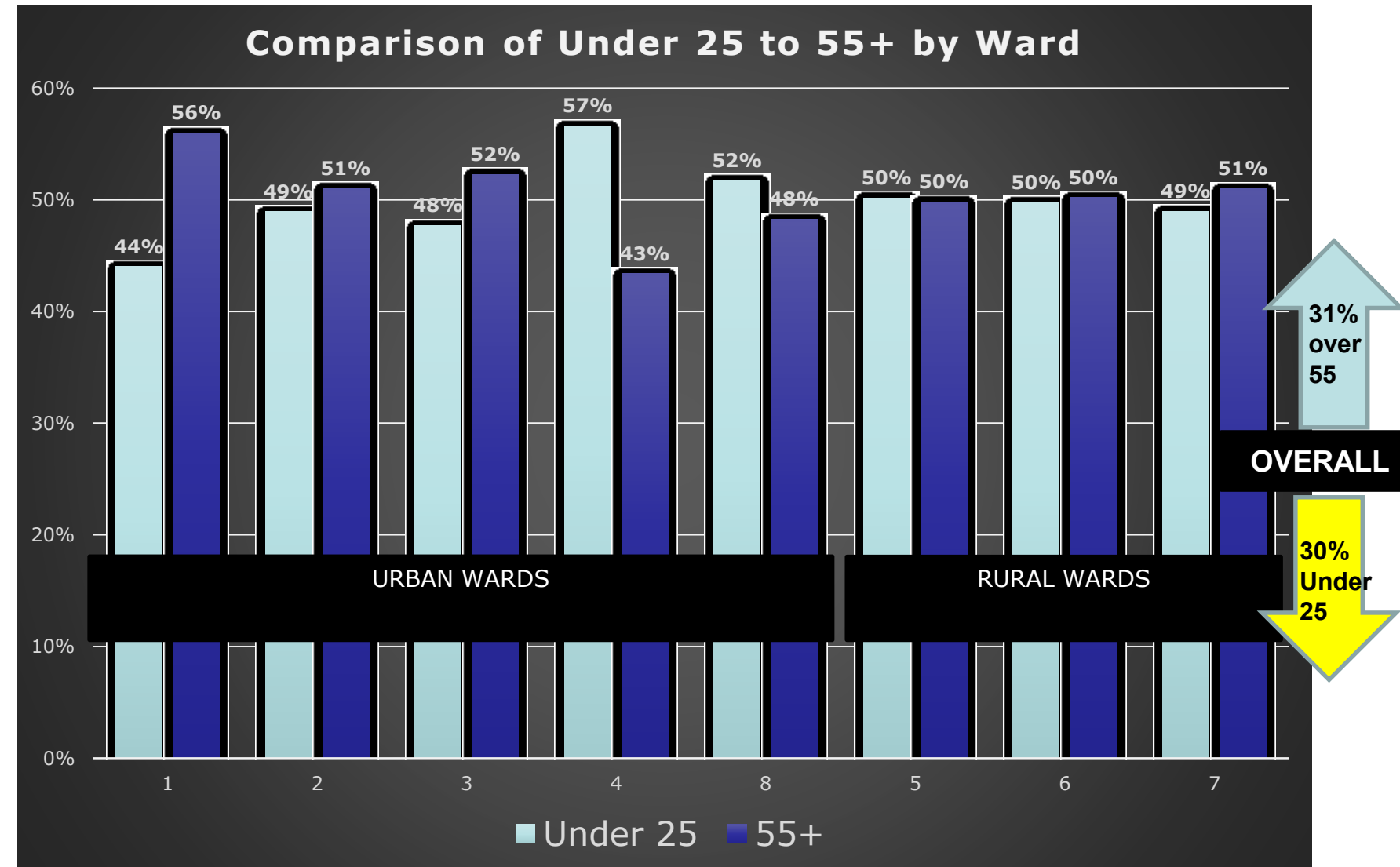
The Grey Tsunami

Canadian Population 65 and over 1971–2080



*Source: Statistics Canada (1971-2010)
and Office of the Superintendent of
Financial Institutions (2020-2080)*

Strathcona County is Aging...just like everywhere else!



Source: 2018 Strathcona County Stats

Initial Research completed

- Several weeks of virtual research
- Conducted by Senior Advisory Committee members
- Researched senior centres in the County and surrounding area
- We are here to share with you

Why are seniors special?

- Different physical needs / situation
 - Some are very active, some are more restricted
 - Balance & Flexibility different
 - Endurance & Strength different
- Different financial situation
- Different intellectual needs
 - More experienced than younger generation = expanded knowledge base & network
 - Mental stimulation – still needed
- Still need a “hangout” just like others
 - BUT with our own age
 - Currently going on in coffee shops – eg: Tim Horton’s early morning gang

More engagement =
less isolation =
healthier people =
lower health care
costs & happier
people
COMMON THEME

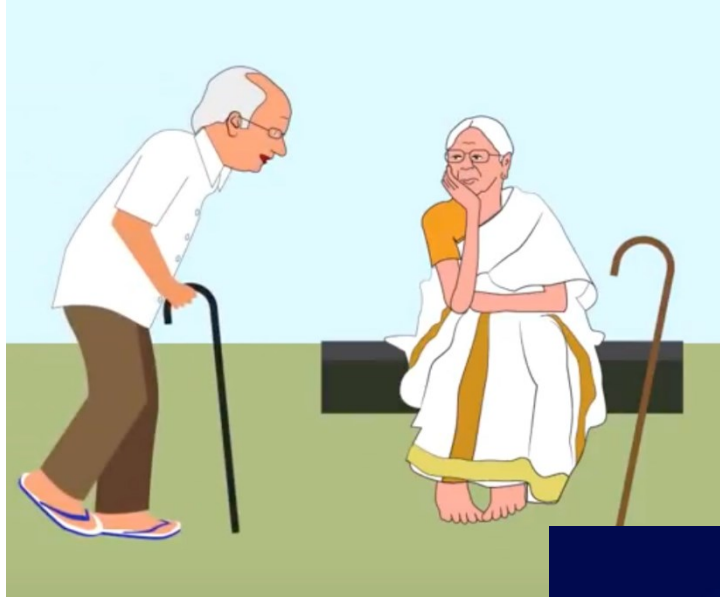
What is a senior?

- CPP / OAS = 65 years of age
- Businesses / Gov't programs = average 55+
 - Examples:
 - GoC New Horizons Program = 55+
 - Retail: Shopper's 20% every Thursday 55+
 - Restaurants: Denny's 55+ seniors menu
 - Hotels: Best Western up to 15% for 55+
 - Banks = usually 60+ low or waived fees
 - Car Rental = Thrifty Canada: 5% discounts to seniors (55+)
 - Majority of Senior Centres = 55+

Senior Centres = 55+

Full Organization Name	Age Group
Antler Lake Seniors Club	55+
Ardrossan Senior Citizens' Drop In Centre	55+
Canadian Islamic Seniors Society	
Central Edmonton Seniors Center (General Hospital)	55+
Central Lions Seniors Center	55+
Devon Pioneers 73 Club	50+
Edmonton Aboriginal Senior Centre	50+
Ft Sask Seniors Center/ Pioneer House Club 50	50+
Ital-Canadian Seniors Association	
Jewish Seniors Center	55+
Josephburg Area 5 Seniors Centre	55+
Leduc Seniors Center	55+
Kingston Ontario - Seniors Association	55+
Millwoods Senior Center	55+
Morinville Seniors Rendez-Vous Centre	55+
North East Edmonton Seniors Association (NESA)	55+
North West Seniors Society	55+
Operation Friendship Seniors Society	55+
SAGE Seniors Association	55+
SCONA - Senior Citizens Opportunities Neighborhood Association	55+
Seniors Centre Without Walls (Edm Southside Primary Care Network)	55+
Seniors United Now (SUN) - Sherwood Park	55+
Sherwood Park 55+ Club	55+
South Cooking Lake Seniors Centre	55+
South East Senior Centre - SEESA	55+
South West Senior Centre	55+
Spruce Grove Golden Age Club / Pioneer Centre	55+
St. Albert Seniors Centre	50+
Strathcona Place Society (Edmonton)	55+
Stony Plain - Senior Citizen Society	55+
West End Seniors Activity Center	55+

Perception of seniors??



Old style of
thinking



Reality...



Research data components

Research tool components – PART 1

- Strathcona County Senior Centres / Organizations
 - 4 Senior Centres
 - Some very small (6 members)
 - Some very large (400+ members)

Research tool components – PART 1

- Added Edmonton Senior Centres / Organizations
 - 17 unique organizations for seniors
 - Some very small (SCONA tiny house)
 - Some very large (88,000 sq. ft.)

Research tool components – PART 1

- Added 17 other seniors centres in Edmonton:
 - Beacon Heights Men's Shed
 - Bernadette N. Swan Social Care Foundation
 - Canadian Islamic Seniors Centre
 - Central Edmonton Seniors Center
 - Central Lions Seniors Recreation Centre
 - Edmonton Aboriginal Senior Centre
 - Ital-Canadian Seniors Centre
 - Jewish Seniors Centre
 - Millwoods Seniors Centre
 - North East Edmonton Seniors Centre
 - North West Edmonton Seniors Centre
 - Operational Friendship Seniors Centre
 - Seniors Association of Greater Edmonton (SAGE)
 - South East Seniors Centre
 - South West Seniors Centre
 - West End Seniors Centre

Research tool components – PART 1

- Added other external senior centres (11):
 - Devon Pioneers 73 Club
 - Leduc Seniors Centre
 - Fort Saskatchewan Seniors Centre
 - Morinville Seniors Rendez-Vous Centre
 - St. Albert Seniors Centre
 - Seniors Centre Without Walls
 - Seniors United Now (SUN)
 - Spruce Grove Seniors Centre
 - Stony Plain Senior Citizen Society
 - Kingston, Ontario Seniors Centre
 - Coolum, Australia Women's Shed

In total we
researched 44
different
organizations

Research tool components – PART 1

- Other County Offerings (11 facilities):
 - 501 Gallery
 - FCSS
 - Library
 - Smeltzer House
 - Parks, Rec & Culture facilities:
 - Ardrossan Recreation Complex
 - Emerald Hills
 - Festival Place
 - Glen Allen Recreation Complex
 - Kinsmen Leisure Centre
 - Millennium Place
 - Strathcona Olympiette Centre

In order to get a
FULL picture we
included other
County facilities to
see if they offered
senior specific
programs

Research tool components – PART 1

- 7 primary categories:
 - Area
 - Senior Specific Offering
 - Wellness Needs Addressed
 - Edmonton Senior Centres / Organizations
 - Strathcona County Centres
 - Other County Offerings
 - Other External Groups

LOTS of data –
therefore
organized it into
these primary
categories

Research tool components – PART 1

- List of specific program/service/course:
 - Added each unique program / course / offering for seniors
 - Total of 99 different entries
 - Researched each centre / facility
 - Some unique & some similar
 - “X” indicates that the program/offering is provided by that organization

Research tool components – PART 1

- Area: grouped the 99 offerings into the following 6 sub-categories
 - Arts/Crafts
 - Educational
 - Health / Physical
 - Music / Drama
 - Recreation
 - Social / Community

Research tool components – PART 1

- Mapped each of the 99 specific items to 7 County Wellness Needs:
 - Emotional
 - Environmental
 - Intellectual
 - Occupational
 - Physical
 - Social
 - Spiritual
- Reviewed with a Psychologist



Research tool components – PART 2

- Detailed organization data for all 44 organizations/locations:
 - Contact info
 - Type of organization: Not for profit / For profit, Charity, Public
 - Age group served
 - # Members & membership cost
 - URL Website / Facebook Group
 - How long they've been around
 - Who funds them
 - What they do
 - Challenges
 - Building details (size, types of rooms, etc.)

RESULTS OF OUR RESEARCH

DATA COLLECTED – GRID VIEW (1 OF 2)

"X" signifies that specific offering is provided at that facility – Edm & County entries

[illegible]

DATA COLLECTED – GRID VIEW (2 OF 2)

“X” signifies that specific offering is provided at that facility – Edm & County entries

1	Programs, Services and Facilities for Seniors - Comparative View Matrix																																
2	Strathcona County Seniors Advisory Committee										AA = All Ages - not just for Seniors																						
3	M. West, Nov 2020																																
4											County Offerings																						
5				Wellness Needs Addressed							Other County Offerings				Parks, Rec & Culture Offerings - SENIORS ONLY / ALL AGES						Other External Groups												
		Area	Senior Specific Offering	Emotional	Environmental	Intellectual	Occupational	Physical	Social	Spiritual	501 Gallery	Family & Comm Services	Library	Smeltzer House	Ardrasson Rec Complex	Emerald Hills Rec Centre	Festival Place	Glen Allen Rec Complex	Kinsmen Leisure Centre	Millennium Place	Strathcona Olympiette Centre	Devon Pioneers 73 Club	Leduc SC	Fort Sask SC	Morinville Rendez-Vous Seniors Centre	St. Albert SC	Seniors Centre Without Walls	Seniors United Now (SUN)	Spruce Grove SC	Stony Plain Senior Citizen Society	Kingston ONT Seniors Centre	Coolum (AUS) Women's Shed	
6	#																																
7	1	Arts / Crafts	Ceramics	X			X	X	X																								
8	2	Arts / Crafts	Crafts - general	X			X		X				AA											X					X		X		
9	3	Arts / Crafts	Crocheting	X		X	X	X	X															X		X					X	X	
10	4	Arts / Crafts	Knitting	X		X	X	X	X															X	X	X			X	X	X		
11	5	Arts / Crafts	Lapidary	X		X	X	X	X																								
12	6	Arts / Crafts	Painting/Drawing	X		X	X		X	X	AA/X			AA/X									X	X		X					X	X	
13	7	Arts / Crafts	Paper Crafts	X		X	X	X	X		AA													X	X						X		
14	8	Arts / Crafts	Photo Collage	X		X	X		X		AA		AA											X							X		
15	9	Arts / Crafts	Pottery	X		X	X	X	X					AA																			
16	10	Arts / Crafts	Quilting	X		X	X	X	X					AA								X	X						X				
17	11	Arts / Crafts	Sewing/Sewing Center	X		X	X		X					AA																	X	X	
18	12	Arts / Crafts	Stained Glass	X	X	X	X	X	X	X													X										
19	13	Arts / Crafts	Weaving/Macrame/Wool Crafting	X		X	X	X	X					AA																X	X	X	
20	14	Educational	Computer/cell phone courses		X	X	X		X				AA																		X		
21	15	Educational	Declutter/Downsize course	X	X	X		X	X																								
22	16	Educational	Dental health/options			X		X																									
23	17	Educational	Genealogy courses	X		X	X		X	X			AA																				
24	18	Educational	Grief Management/Recovery	X		X		X	X	X		AA																					
25	19	Educational	Health Trends, Advance Care Planning, Health info and Education, etc.	X	X	X	X	X	X															X			X	X					
26	20	Educational	Hearing Health			X		X																									
27	21	Educational	History Info/ Presentations	X	X	X				X																						X	
28	22	Educational	Housing - Seniors	X					X																								
29	23	Educational	Lecture Series	X	X	X	X		X	X																x						X	
30	24	Educational	Language courses			X			X				AA																			X	

Research tool components – PART 1

- Added 17 other seniors centres in Edmonton:

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- **Central Lions Seniors Recreation Centre**
- Edmonton Aboriginal Senior Centre
- Ital-Canadian Seniors Centre
- Jewish Seniors Centre
- **Millwoods Seniors Centre**
- **North East Edmonton Seniors Centre**
- **North West Edmonton Seniors Centre**
- Operational Friendship Seniors Centre
- Seniors Association of Greater Edmonton (SAGE)
- **South East Seniors Centre**
- **South West Seniors Centre**
- **West End Seniors Centre**

7 Primary City of
Edmonton run
Seniors Centres

What we offer/don't offer in the County

A	B	C	D	E	F	G	H	I	J	O	S	T	U	Y	Z	AA	AC	AD	AE	AF	AG	AH	AI	AJ	AK	AL	AM	AN	AO	AP	AQ
Programs, Services and Facilities for Seniors - Comparative View Matrix																															
Strathcona County Seniors Advisory Committee																															
M. West, Nov 2020																															
#	Area	Senior Specific Offering	Wellness Needs Addressed							Edmonton Senior Centres / Organizations							Strathcona County Senior Centres				Other County Offerings				Parks, Rec & Culture Offerings - SENIORS ONLY / ALL AGES						
			Emotional	Environmental	Intellectual	Occupational	Physical	Social	Spiritual	Central Lions Seniors Rec Centre	Millwoods Seniors Centre	North East Seniors Centre	North West Seniors Centre	South East Seniors Centre	South West Seniors Centre	West End Seniors Centre	Ardrossan 55+	Josephburg SC	Sher Pk 55+	South Cooking Lk SC	501 Gallery	Family & Comm Services	Library	Smeltzer House	Ardrossan Rec Complex	Emerald Hills Rec Centre	Festival Place	Glen Allen Rec Complex	Kinsmen Leisure Centre	Millennium Place	Strathcona Olympiette Centre
1	Arts / Crafts	Ceramics	X			X	X	X			X					X															
2	Arts / Crafts	Crafts - general	X			X		X		X				X	X	X		X				AA									
3	Arts / Crafts	Crocheting	X		X	X	X	X			X	X			X				X												
4	Arts / Crafts	Knitting	X		X	X	X	X		X	X	X		X	X	X			X												
5	Arts / Crafts	Lapidary	X		X	X	X	X		X	X	X																			
6	Arts / Crafts	Painting/Drawing	X		X	X		X	X	X	X	X	X	X	X	X	X	X			AA/X			AA/X							
7	Arts / Crafts	Paper Crafts	X		X	X	X	X		X	X	X	X	X	X	X					AA										
8	Arts / Crafts	Photo Collage	X		X	X		X				X				X					AA		AA								
9	Arts / Crafts	Pottery	X		X	X	X	X		X														AA							
10	Arts / Crafts	Quilting	X		X	X	X	X			X	X		X	X			X						AA							
11	Arts / Crafts	Sewing/Sewing Center	X		X	X		X					X		X									AA							
12	Arts / Crafts	Stained Glass	X	X	X	X	X	X	X	X	X	X		X																	
13	Arts / Crafts	Weaving/Macrame/Wool Crafting	X		X	X	X	X			X	X	X											AA							
14	Educational	Computer/cell phone courses		X	X	X		X		X			X	X	X	X			X				AA								
15	Educational	Declutter/Downsize course	X	X	X		X	X			X				X																
16	Educational	Dental health/options			X		X								X																
17	Educational	Genealogy courses	X		X	X		X	X					X		X							AA								
18	Educational	Grief Management/Recovery	X		X		X	X	X					X		X						AA									
19	Educational	Health Trends, Advance Care Planning, Health info and Education, etc.	X	X	X	X	X	X			X		X	X	X	X			X												
20	Educational	Hearing Health			X		X						X																		
21	Educational	History Info/ Presentations	X	X	X				X		X																				
22	Educational	Housing - Seniors	X					X																							
23	Educational	Lecture Series	X	X	X	X		X	X		X				X	X															
24	Educational	Language courses			X			X		X	X	X		X		X							AA								

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25	Educational	Library			X						X					X			X			AA	AA								
26	Educational	Money Mgt/Investing, etc			X			X		X				X	X							AA									
27	Educational	Nutrition/Health	X	X	X		X								X	X															
28	Educational	Pain Management	X	X	X		X								X																
29	Educational	Photography	X		X	X		X							X																
30	Educational	Safety - home/self Service delivery	X	X	X		X			X				X					X			AA									
31	Educational	improvements for Seniors/Political			X			X						X		X															
32	Educational	Tax Clinic			X			X					X	X	X	X						AA									
33	Educational	Social Media (FB,Twitter,etc) support (Living with loss,	X	X	X			X								X							AA								
34	Educational	Elder Abuse, Counselling, etc)	X	X	X			X	X	X					X	X			X			AA									
35	Educational	Travel	X		X										X	X															
36	Educational	Writing	X		X	X			X							X															
37	Health/Physical	Badminton					X	X			X	X				X														AA	
38	Health/Physical	Blood pressure check					X						X																		
39	Health/Physical	Bocce					X	X									X		X												
40	Health/Physical	Boxing	X				X	X		X																					
41	Health/Physical	Carpet Bowling					X	X			X		X				X		X												
42	Health/Physical	Dance Lessons (ballroom, clogging, line dancing, etc.)			X		X	X		X	X			X	X	X															
43	Health/Physical	Darts					X	X			X			X					X												
44	Health/Physical	Fitness Training/Exercise					X	X		X	X	X	X	X	X	X									AA			AA		AA/X	
45	Health/Physical	Floor Curling					X	X						X			X		X												
46	Health/Physical	Flu Shots (in the Centre) / Health assessment					X						X		X																

What we offer/don't offer in the County

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47	Health/Physical	Foot Care/Clinic			X		X						X			X																								
48	Health/Physical	Golf/Golf Lessons/Essentials		X	X		Occupational: (Showing All)				X				X				X											AA										
49	Health/Physical	Holistic wellness events	X	X	X				X		X				X																									
50	Health/Physical	Horse Shoes							X	X		X							X	X																				
51	Health/Physical	Karate	X				X	X						X																										
52	Health/Physical	Meditation	X	X	X				X	X	X			X																										
53	Health/Physical	Qigong	X				X	X						X																										
54	Health/Physical	Pickleball	X				X	X		X	X	X	X		X	X									AA					AA										
55	Health/Physical	Pool/Snooker/Billiards	X				X	X		X	X		X	X		X	X	X	X																					
56	Health/Physical	Shuffleboard	X				X	X		X			X		X																									
57	Health/Physical	Skating	X				X	X																				AA/X												
58	Health/Physical	Spiritual wellness	X		X		X	X	X		X					X																								
59	Health/Physical	Strength Training/Stretching	X				X			X	X	X	X	X	X	X									AA			AA		AA										
60	Health/Physical	Swimming/Aqua Fitness	X				X																			AA			AA	AA/X										
61	Health/Physical	Tai Chi	X		X		X	X	X	X	X			X		X									AA					AA										
62	Health/Physical	Team Sports/Running					X	X																	AA			AA		AA	AA									
63	Health/Physical	Table Tennis/Ping Pong	X				X	X		X																														
64	Health/Physical	Tennis	X				X	X								X															AA									
65	Health/Physical	Walking Clinic/Group	X				X	X			X				X	X			X												AA/X									
66	Health/Physical	Weight Training	X				X	X		X	X	X	X		X	X									AA			AA		AA										
67	Health/Physical	X-Country Skiing					X	X																																
68	Health/Physical	Yoga/Chair Yoga	X	X	X		X	X	X	X	X	X	X	X	X	X			X						AA						AA/X									
69	Health/Physical	Zoomba	X				X	X		X	X	X		X	X	X												AA		AA										
70	Music/Drama	Drama Club (performing)	X		X			X		X			X	X	X																									
71	Music/Drama	Fiddle	X		X			X		X																														
72	Music/Drama	Guitar	X		X			X		X	X			X	X																									
73	Music/Drama	Jam Session	X		X			X			X		X																											

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74	Music/Drama	Piano	X		X			X		X																													
75	Music/Drama	Singing/Choir	X		X			X	X		X				X	X																							
76	Music/Drama	Ukelele	X		X			X		X	X	X		X																									
77	Recreation	Bingo						X		X	X	X	X	X	X																								
78	Recreation	Board Games (Scrabble, etc.)			X			X		X	X			X	X	X	X			X	X																		
79	Recreation	Cards - Bridge, Canasta, Crib, Euchre, Whist, Wizard, etc.			X			X		X	X	X	X	X	X	X	X		X	X																			
80	Recreation	Casino/Other Trips						X					X		X				X																				
81	Recreation	Concerts, movies, plays, etc. (attend)	X		X			X	X	X					X				X				AA				AA												
82	Recreation	Cooking classes		X	X			X				X											AA																
83	Recreation	Puzzles						X			X								X																				
84	Recreation	Wood Working		X	X	X	X	X			X	X		X		X																							
85	Social / Community	Book Club	X		X			X	X	X					X	X							AA																
86	Social / Community	Bus Service/Transportation					X																																
87	Social / Community	Coffee Drop-In	X		X			X		X	X		X		X	X			X																				
88	Social / Community	Dances	X				X	X		X		X		X	X	X	X		X								AA												
89	Social / Community	Gift Shop				X		X																															
90	Social / Community	Home Support - yard, housekeeping, snow removal, etc. Referral service				X	X	X			X	X	X	X	X	X						X																	
91	Social / Community	Men's Shed	X	X	X	X	X	X			X			X		X																							
92	Social / Community	Meals/food available	X				X	X		X	X		X	X	X	X																							
93	Social / Community	Newcomers Advice	X		X			X														AA	AA																
94	Social / Community	Potluck/Tea Party/Luncheon, etc.	X					X					X	X	X	X	X	X	X	X																			

What we offer/don't offer in the County

A	B	C	D	E	F	G	H	I	J	O	S	T	U	Y	Z	AA	AC	AD	AE	AF	AG	AH	AI	AJ	AK	AL	AM	AN	AO	AP	AQ	
Programs, Services and Facilities for Seniors - Comparative View Matrix																																
Strathcona County Seniors Advisory Committee																																
M. West, Nov 2020																																

WHAT IS THE DATA TELLING US?

Priorities – council asked....

- Priorities Presentation in October 2020...*"Why are over 200 people from Strathcona County going to the South East Seniors Centre in Edmonton and not staying in the County?"*
- Actually closer to 400 if you include other Edmonton senior centres
- We have that answer...

Very few "X" entries for Strathcona County Senior Centres

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA	AB	AC	AD	AE	AF	
Programs, Services and Facilities for Seniors - Comparative View Matrix																																
Strathcona County Seniors Advisory Committee																																
M. West, Nov 2020																																
			Wellness Needs Addressed							Edmonton Senior Centres / Organizations											Strathcona County Senior Centres											
#	Area	Senior Specific Offering	Emotional	Environmental	Intellectual	Occupational	Physical	Social	Spiritual	Beacon Heights Men's Shed	Bernadette N. Swan Social Care Foundation	Canadian Islamic Seniors Centre	Central Edm Seniors Centre	Central Lions Seniors Rec Centre	Edmonton Aboriginal Senior Centre	Ital-Canadian Seniors Centre	Jewish Seniors Centre	Millwoods Seniors Centre	North East Seniors Centre	North West Seniors Centre	Operation Friendship Seniors Society	Seniors Assoc of Greater Edm (SAGE)	Senior Citizens Opp Nhbhd Assoc (SCON)	South East Seniors Centre	South West Seniors Centre	West End Seniors Centre	Antler Lake Seniors Club	Ardrossan 55+	Josephburg SC	Sher Pk 55+	South Cooking Lk SC	
1	Arts / Crafts	Ceramics	X			X	X	X										X								X						
2	Arts / Crafts	Crafts - general	X			X		X						X		X						X		X	X	X			X			
3	Arts / Crafts	Crocheting	X		X	X	X	X										X	X												X	
4	Arts / Crafts	Knitting	X		X	X	X	X						X				X	X			X			X	X					X	
5	Arts / Crafts	Lapidary	X		X	X	X	X						X				X	X													
6	Arts / Crafts	Painting/Drawing	X		X	X		X	X				X	X			X	X	X			X		X	X	X	X	X	X	X	X	
7	Arts / Crafts	Paper Crafts	X		X	X	X	X						X				X	X	X					X	X	X					
8	Arts / Crafts	Photo Collage	X		X	X		X											X							X						
9	Arts / Crafts	Pottery	X		X	X	X	X						X																		
10	Arts / Crafts	Quilting	X		X	X	X	X										X	X						X	X					X	
11	Arts / Crafts	Sewing/Sewing Center	X		X	X		X												X					X							
12	Arts / Crafts	Stained Glass	X	X	X	X	X	X	X					X				X	X						X							
13	Arts / Crafts	Weaving/Macrame/Wool Crafting	X		X	X	X	X										X	X	X												
14	Educational	Computer/cell phone courses		X	X	X		X			X			X	X					X		X	X	X	X	X	X				X	
15	Educational	Declutter/Downsize course	X	X	X			X	X									X				X			X							
16	Educational	Dental health/options			X			X																								
17	Educational	Genealogy courses	X		X	X		X	X								X								X		X					
18	Educational	Grief Management/Recovery	X		X			X	X	X															X		X					
19	Educational	Health Trends, Advance Care Planning, Health info and Education, etc.	X	X	X	X	X	X										X		X	X	X		X	X	X					X	
20	Educational	Hearing Health			X			X												X												
21	Educational	History Info/ Presentations	X	X	X				X			X			X		X	X														
22	Educational	Housing - Seniors	X					X							X						X	X	X									
23	Educational	Lecture Series	X	X	X	X		X	X								X	X				X			X							
24	Educational	Language courses			X			X						X	X			X	X			X		X		X						

WHAT'S AT THE SOUTH EAST SENIORS CENTRE?

Very few programs available in the County – that's why seniors leave the County to go to these facilities (Pg 1 of 2)

Note the blanks for County entries

Filter set for "X" on SESC

AA = All Ages - not just for Seniors

			Wellness Needs Addressed							Edmonton Senior Centres / Organizations							Strathcona County Senior Centres					Other County Offerings				County Offerings						
#	Area	Senior Specific Offering	Emotional	Environmental	Intellectual	Occupational	Physical	Social	Spiritual	Central Lions Seniors Rec Centre	Millwoods Seniors Centre	North East Seniors Centre	North West Seniors Centre	South East Seniors Centre	South West Seniors Centre	West End Seniors Centre	Antler Lake Seniors Club	Ardrossan 55+	Josephburg SC	Sher Pk 55+	South Cooking Lk SC	501 Gallery	Family & Comm Services	Library	Smeltzer House	Ardrossan Rec Complex	Emerald Hills Rec Centre	Festival Place	Glen Allen Rec Complex	Kinsmen Leisure Centre	Millennium Place	Strathcona Olympiette Centre
2	Arts / Crafts	Crafts - general	X			X		X		X				X	X	X			X					AA								
4	Arts / Crafts	Knitting	X		X	X	X	X		X	X	X		X	X	X				X												
6	Arts / Crafts	Painting/Drawing	X		X	X		X	X	X	X	X	X	X	X	X	X	X	X				AA/X		AA/X							
7	Arts / Crafts	Paper Crafts	X		X	X	X	X		X	X	X	X	X	X	X							AA									
10	Arts / Crafts	Quilting	X		X	X	X	X			X	X		X	X					X					AA							
12	Arts / Crafts	Stained Glass	X	X	X	X	X	X	X	X	X	X		X																		
14	Educational	Computer/cell phone courses		X	X	X		X		X			X	X	X	X				X				AA								
17	Educational	Genealogy courses	X		X	X		X	X					X		X								AA								
18	Educational	Grief Management/Recovery	X		X		X	X	X					X		X							AA									
19	Educational	Health Trends, Advance Care Planning, Health info and Education, etc.	X	X	X	X	X	X			X		X	X	X	X				X												
24	Educational	Language courses			X			X		X	X	X		X		X								AA								
26	Educational	Money Mgt/Investing, etc			X			X		X				X	X								AA									
30	Educational	Safety - home/self Service delivery improvements for Seniors/Political	X	X	X		X			X				X						X			AA									
31	Educational	Tax Clinic												X		X							AA									
42	Health/Physical	Dance Lessons (ballroom, clogging, line dancing, etc.)												X	X	X																
43	Health/Physical	Darts												X						X												
44	Health/Physical	Fitness Training/Exercise												X	X	X										AA			AA		AA/X	
45	Health/Physical	Floor Curling												X				X		X												
51	Health/Physical	Karate												X																		
52	Health/Physical	Meditation												X																		
53	Health/Physical	Qigong												X																		

Council Question from Oct 20th: "Why are 275 County seniors members of the SESC in Edm and not staying in the County?"

WHAT'S AT THE SOUTH EAST SENIORS CENTRE?

Very few of the are available in the County – that's why seniors leave the County to go to these facilities (Pg 2 of 2)

Note the blanks for County entries

Programs, Services and Facilities for Seniors - Comparative View Matrix																																																		
Strathcona County Seniors Advisory Committee																																																		
M. West, Nov 2020																																																		
			Wellness Needs Addressed							Edmonton Senior Centres / Organizations							Strathcona County Senior Centres					Other County Offerings				Parks, Rec & Culture Offerings - SENIORS ONLY / ALL AGES																								
#	Area	Senior Specific Offering	Emotional	Environmental	Intellectual	Occupational	Physical	Social	Spiritual	Central Lions Seniors Rec Centre	Millwoods Seniors Centre	North East Seniors Centre	North West Seniors Centre	South East Seniors Centre	South West Seniors Centre	West End Seniors Centre	Antler Lake Seniors Club	Ardrossan 55+	Josephburg SC	Sher Pk 55+	South Cooking Lk SC	501 Gallery	Family & Comm Services	Library	Smeltzer House	Ardrossan Rec Complex	Emerald Hills Rec Centre	Festival Place	Glen Allen Rec Complex	Kinsmen Leisure Centre	Millennium Place	Strathcona Olympiette Centre																		
55	Health/Physical	Pool/Snooker/Billiards	X				X	X		X	X		X	X		X		X	X	X																														
59	Health/Physical	Strength Training/Stretching	X				X			X	X	X	X	X	X	X											AA				AA		AA																	
61	Health/Physical	Tai Chi	X		X		X	X	X	X	X			X		X											AA					AA																		
68	Health/Physical	Yoga/Chair Yoga	X	X	X		X	X	X	X	X	X	X	X	X	X				X							AA					AA/X																		
69	Health/Physical	Zoomba	X				X	X		X	X	X		X	X	X														AA		AA																		
70	Music/Drama	Drama Club (performing)	X		X			X		X			X	X	X																																			
72	Music/Drama	Guitar	X		X			X		X	X			X	X																																			
76	Music/Drama	Ukelele	X		X			X		X	X	X		X																																				
77	Recreation	Bingo						X		X	X	X	X	X	X																																			
78	Recreation	Board Games (Scrabble, etc.)			X			X		X	X			X	X	X		X		X	X																													
79	Recreation	Cards - Bridge, Canasta, Crib, Euchre, Whist, Wizard, etc.			X			X		X	X	X	X	X	X	X		X	X	X	X																													
84	Recreation	Wood Working		X	X	X	X	X			X	X		X		X																																		
88	Social / Community	Dances	X				X	X		X		X		X	X	X		X		X								AA																						
90	Social / Community	Home Support - yard, housekeeping, snow removal, etc. Referral service				X	X	X			X	X	X	X	X	X							X																											
91	Social / Community	Men's Shed	X	X	X	X	X	X			X			X		X																																		
92	Social / Community	Meals/food available	X				X	X		X	X		X	X	X	X																																		
94	Social / Community	Potluck/Tea Party/Luncheon, etc.	X					X					X	X	X	X		X	X	X	X																													
97	Social / Community	Outreach Program	X		X	X		X	X		X	X	X	X	X	X							AA																											
99	Social / Community	Women's Shed	X		X			X	X					X		X																																		
			64	18	61	23	54	82	19	41	44	26	32	41	49	48	2	9	6	26	3	3	9	11	5	7	2	2	6	1	13	2																		

WHAT'S AT THE SOUTH EAST SENIORS CENTRE?

- This is why seniors from the County leave the County so they can attend the programs they want in ONE facility
- 275 County seniors are members of the Edmonton South East Seniors Centre
- This is only one facility – other Edmonton Senior Centres have members from the County that attend their facility regularly
- County residents have also joined the Ft. Sask Seniors Centre and other Edmonton Senior Centres

What we have right now

- Strathcona County Senior Centres
 - 4 Senior Centres insufficient
 - Rural senior centres need updates or transportation into Sherwood Park
 - Urban senior centre too small to meet current demand
- Strathcona County proudly recognizes our current recreation and cultural facilities as being comparable or superior to virtually anywhere else in the Province

BUT...

- County focus is on youth oriented facilities
- Growing number of older adults continues to rise without adequate planning or spaces

A closer look at Strathcona County's Facilities

- Major Indoor Infrastructure
- Indoor Facilities Replacement Value
- Outdoor Facilities Replacement Value

The 3 slides that follow all have data directly extracted from this recent report prepared for the County



SUMMARY

INDOOR AND OUTDOOR



There are approximately 60 publicly supported indoor recreation and culture spaces in the County including:

- 3 fitness centres
- 3 aquatics facilities
- 7 ice arena facilities (11 ice sheets)
- Wilderness centre
- Performing arts theatre



Strathcona County's indoor recreation and culture assets have a modernized replacement value of over \$400 million.



Strathcona County offers nearly 2,000 hectares of open space, 280 km of trails, and over 450 outdoor recreation and sport spaces including:

- 147 playgrounds
- 105 sports fields
- 75 ball diamonds
- 29 outdoor rinks
- 21 pickleball courts
- 9 beach volleyball courts
- 2 year-round dog parks



The modernized replacement value of outdoor infrastructure in the County is approaching \$100 million.



Many facilities are operated through agreements with community groups, including:

- 14 community halls
- 3 seniors centres
- 3 curling rinks
- Museum

UTILIZATION

Community facilities accommodate over 1.2 million visits a year



630,000+ annual fitness centre visits



Prime time ice utilization is at 93%. Over 1,000 hours remains available for rent.



14% of residents have a Millennium Card
Over 14,000 Millennium Card holders



3,500 annual museum visits



18,000 annual art gallery visits



85 performances hosted by Festival Place annually



87 performances at Festival Place hosted by community organizations and schools annually



22,110 annual performance attendance

**Over \$500 Million
in Total Replacement
Value!**

These figures do not include the \$384 Million of infrastructure costs assigned to house public facilities from County Hall and the Community Centre, to Millennium Place; Ardrossan, Moyer and Strathcona Olympiette Centres, Festival Place, etc.

INDOOR FACILITIES

Indoor recreation and culture facilities in the County have a modernized replacement value of approximately \$411 million.

SPACE	QUANTITY	MODERNIZED REPLACEMENT VALUE (PER UNIT)	MODERNIZED REPLACEMENT VALUE (TOTAL)
Community Halls	14	\$4,000,000	\$56,000,000
Curling Rinks (sheets)	16	\$2,500,000	\$40,000,000
Fitness Centres	3	\$2,000,000	\$6,000,000
Gymnasium Facilities	1	\$5,000,000	\$5,000,000
Gymnastics Centres	1	\$10,000,000	\$10,000,000
Social Spaces	4	\$500,000	\$2,000,000
Ice Arenas (sheets)	11	\$15,000,000	\$165,000,000
Indoor Playgrounds	3	\$500,000	\$1,500,000
Indoor Racquet Courts	6	\$250,000	\$1,500,000
Indoor Sports Fields	2	\$500,000	\$1,000,000
Indoor Tracks	2	\$250,000	\$500,000
Museums	1	\$5,000,000	\$5,000,000
Performing Arts Theatres	1	\$20,000,000	\$20,000,000
Seniors Centres	4	\$250,000	\$1,000,000
Swimming Pools	3	\$30,000,000	\$90,000,000
Wilderness Centres	1	\$5,000,000	\$5,000,000
Youth Centres	2	\$250,000	\$500,000
Visual Arts Galleries	2	\$500,000	\$1,000,000
			Total
			\$411,000,000

This summary does not include any facilities that are available inside schools. There are at least 30 school gymnasiums in Sherwood Park alone.


Students spend thousands of hours more in these gyms daily in physical education, and more on team and intramural sports. Many have more specialized spaces like fitness centres.

Classrooms and other spaces are used free of charge by many other student clubs or in activities that are not recreational in nature.

Seniors Centres are estimated at less than ¼ of 1% of the Strathcona County total for indoor recreation and culture facilities

OUTDOOR FACILITIES

The modernized replacement value of outdoor infrastructure in the County is approaching \$100 million.

SPACE	QUANTITY	MODERNIZED REPLACEMENT VALUE (PER UNIT)	MODERNIZED REPLACEMENT VALUE (TOTAL)
Artificial Turf Fields	1	\$750,000	\$750,000
Athletic Tracks	3	\$1,000,000	\$3,000,000
Ball Diamonds	75	\$250,000	\$18,750,000
Basketball Courts	9	\$250,000	\$2,250,000
Beach Volleyball Courts	9	\$100,000	\$900,000
Bike Parks	2	\$500,000	\$1,000,000
Dog Off-Leash Parks	2	\$500,000	\$1,000,000
Gymkhana Grounds	3	\$500,000	\$1,500,000
Municipal Golf Courses	1	\$10,000,000	\$10,000,000
One Wall Handball	4	\$100,000	\$400,000
Outdoor Rinks (boarded)	7	\$250,000	\$1,750,000
Outdoor Rinks (non-boarded)	22	\$100,000	\$2,200,000
Pickleball Courts 	21	\$100,000	\$2,100,000
Playgrounds	147	\$100,000	\$14,700,000
Rectangular Fields (grass)	105	\$250,000	\$26,250,000
Skateboard Parks	1	\$750,000	\$750,000
Spray Decks	5	\$250,000	\$1,250,000
Spray Parks	2	\$1,000,000	\$2,000,000
Tennis Courts	15	\$100,000	\$1,500,000
Trails (km)	280	\$5,000	\$1,400,000
			Total
			\$93,450,000

The County recently added Pickleball courts, due to their growing popularity with older adults (2.25% of total)

Combined, indoor and outdoor seniors focused facilities account for just over ½ of 1% (0.614) of Strathcona County Facilities

The current investment comparisons do not include any proposed facilities like the Multi-purpose Ag Facility (~70 Million) or the Indoor Fieldhouse (~90 Million) already in detailed design phase

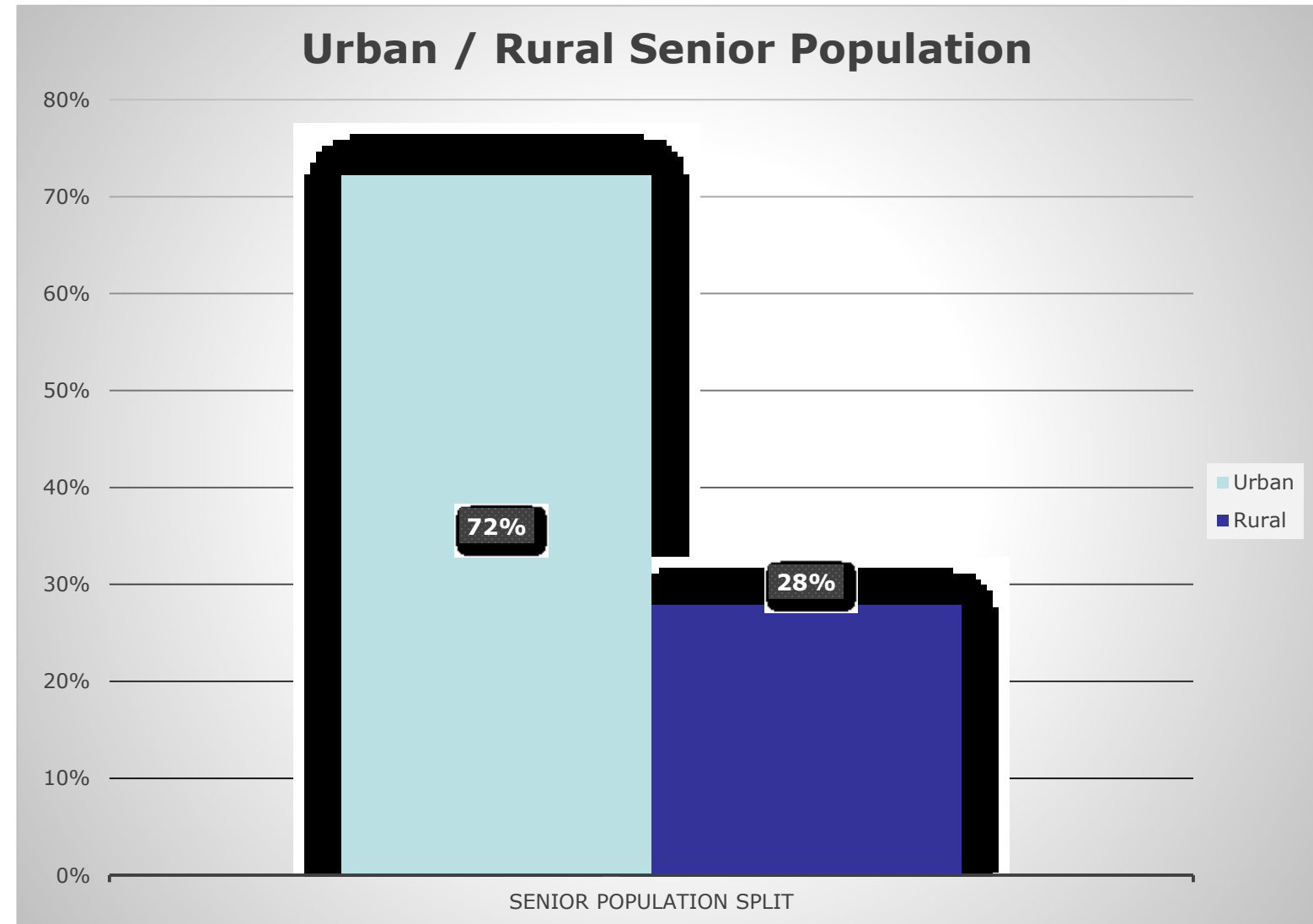
2018 Census data

WHAT DOES THE COUNTY CENSUS TELL US?

Seniors in Strathcona County

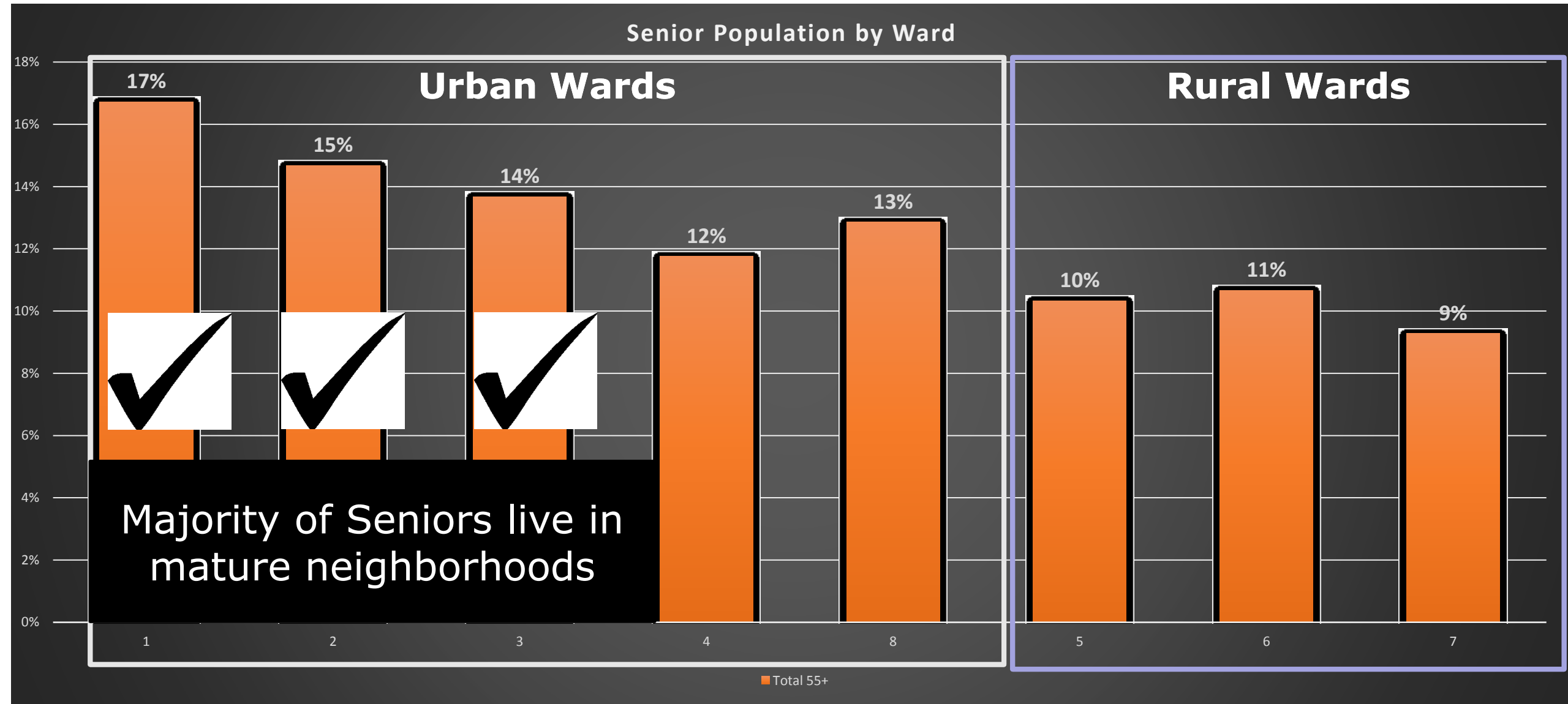
2018 County Census

- Majority live in urban area
- Only 1 Senior Centre in Sherwood Park max capacity = 107
- 3 rural Senior Centres in the County subsidized by County
- = Disconnect

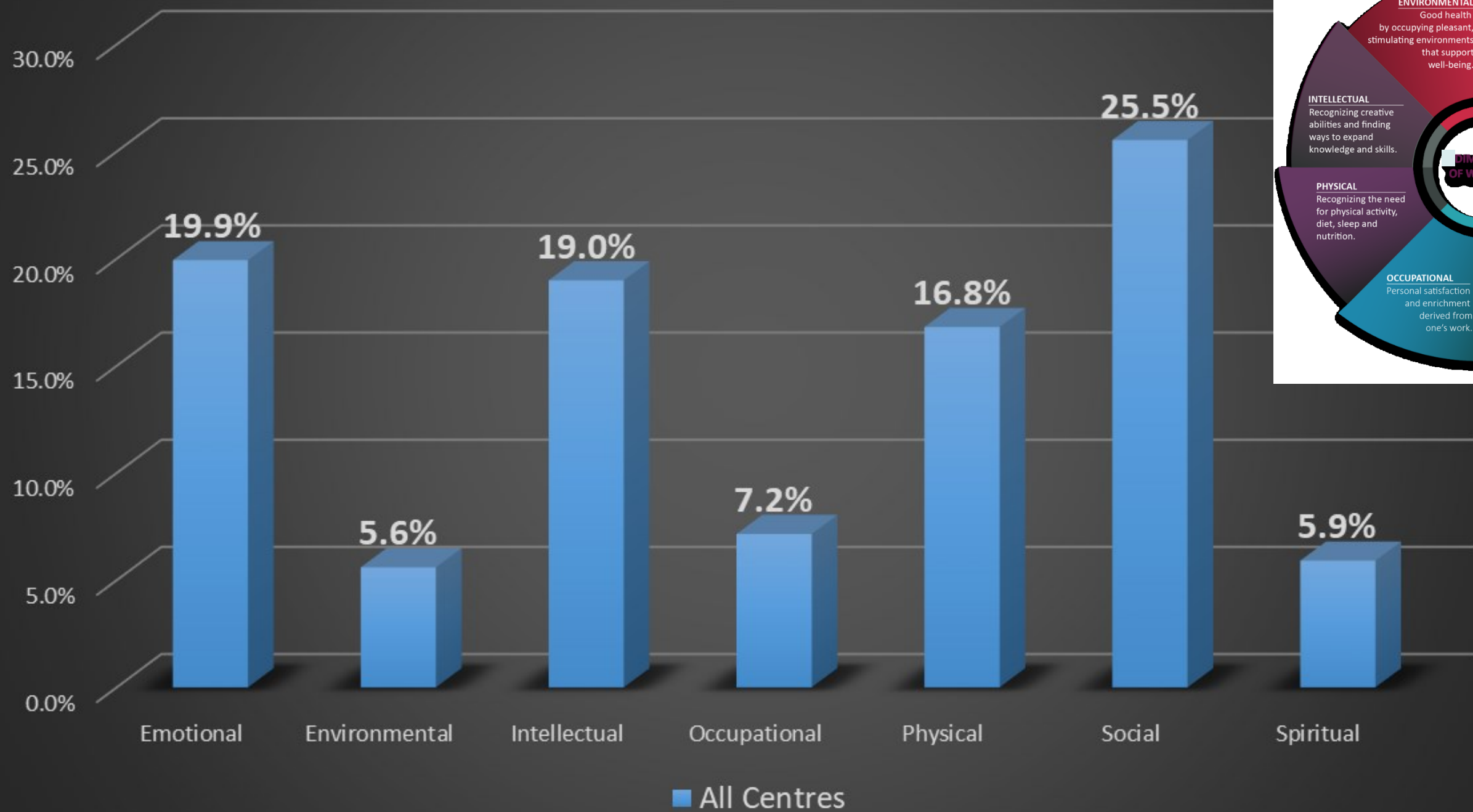


Where do seniors live?

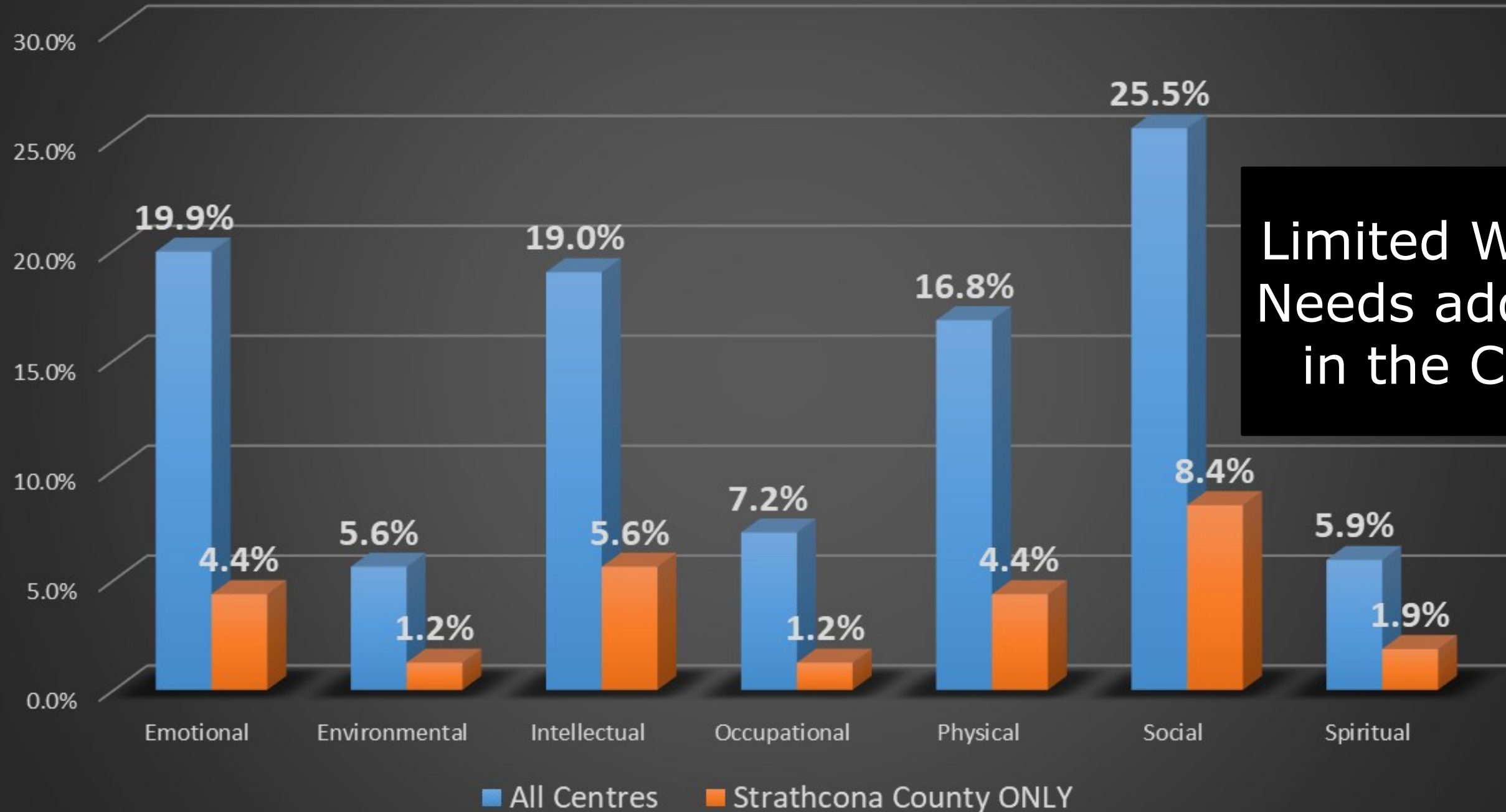
2018 Census



Wellness Needs Addressed - ALL CENTRES



Wellness Needs Addressed - ALL CENTRES



Limited Wellness Needs addressed in the County

HOW DID THESE SENIOR CENTRES DO IT?

Funding a successful Seniors Centre

- Majority funded by municipality...examples:
 - Ft. Saskatchewan Seniors Centre
 - Leduc Seniors Centre
 - South East Edmonton Seniors Centre
 - South West Edmonton Seniors Centre
 - Millwoods Seniors Centre
 - North East Edmonton Seniors Centre
 - North West Edmonton Seniors Centre
- Very few funded by other organizations...example:
 - Central Lions Seniors Centre – initially funded by Lions Club & City of Edmonton but transitioned to City of Edmonton for ongoing support and maintenance

Ongoing expenses

- Local government assists with expenses...but several get grants:
 - Federal Government
 - Provincial Government
 - Municipal Government
 - Other private and public agencies
- Membership and User Fees offset expenses
- LOTS of volunteers = costs lowered

Senior Centre Operational Structure

- Most have a volunteer Board of Directors supported by local public agency staff
- Paid public staff (eg: FCS): Executive Director, Outreach, Programs
- Volunteer Board:
 - Typically 3 to 8 Board members
 - 2 year term
 - Can stay on Board for up to “X” number of terms (2 to 4)

WHAT DO WE RECOMMEND?

Create a Seniors Centre based on other successes



What We Do
Programs
Clubs
Fitness Centre
Outreach & Home Supports
Cherrydale Cafe
Facility Rental Inquiries

YEG Seniors Alliance:
Edmonton Seniors Centre, the Westend Seniors Activity Centre, and ICAN - the Chinese Seniors Centre have joined forces to create more opportunities for seniors during this time. Please find the [URLs](#) for the classes, programs, and online activities.

ONLINE COURSES

Our live, virtual courses are easily accessed through Zoom and are discounted for Edmonton Seniors Centre members but available to all. You can socialize, exercise, and relax with various weekly programs.



OUTREACH

Many people don't know what services are available in their community; we can help find you resources on their behalf. Our client...



WEEKDAYS 6 AM - MIDNIGHT

ESCTVYEG is a free service that streams curated content for the 55+ community.

More than Recreation -
Accessing Help – Staying
Active, Engaged, Informed
and Connected

WE Seniors.ca
Westend Seniors Activity Centre

Fall Edition - Version 02
November & December 2020



Come Join Us!
Being Active
Never Grows Old!

CLASSES AT OUR CENTRE & ONLINE VIA ZOOM!

- Art
- Dance
- Fitness
- Pickleball
- Yoga & Tai Chi
- Lifelong Learning
- and more!

MEAL PROGRAM

Entrees
Hearty Soups
Muffins
and more!

1-ON-1 TRAINING FOR ZOOM & COMPUTERS

FUN EVENTS

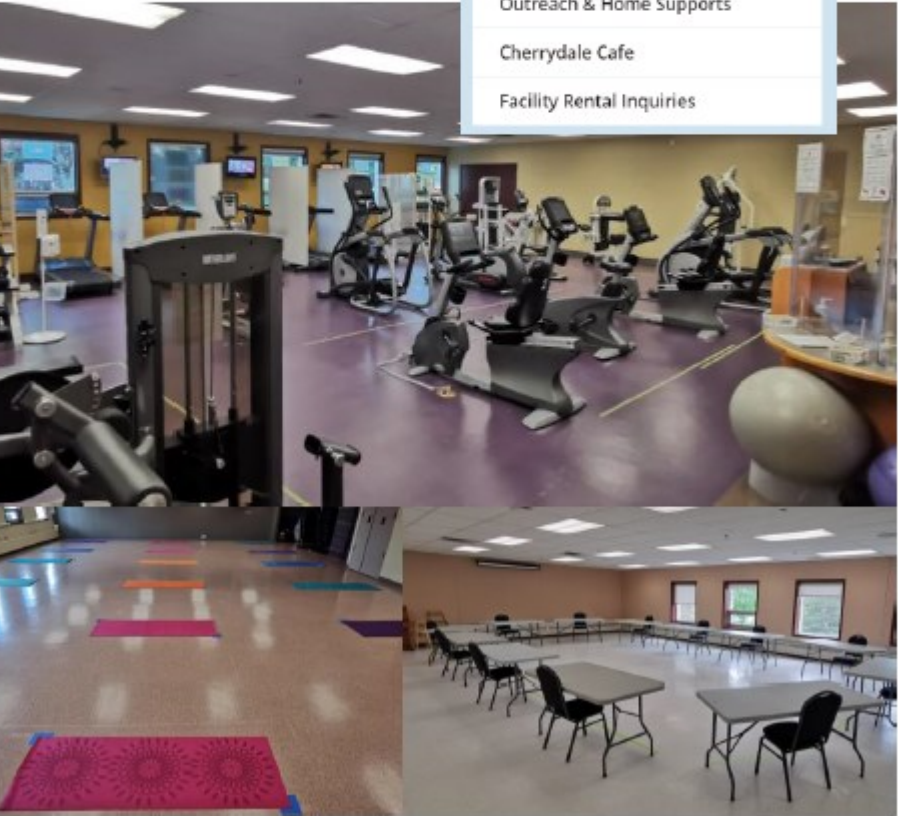
HOME HELP SUPPORT

OUTREACH & SOCIAL WORK

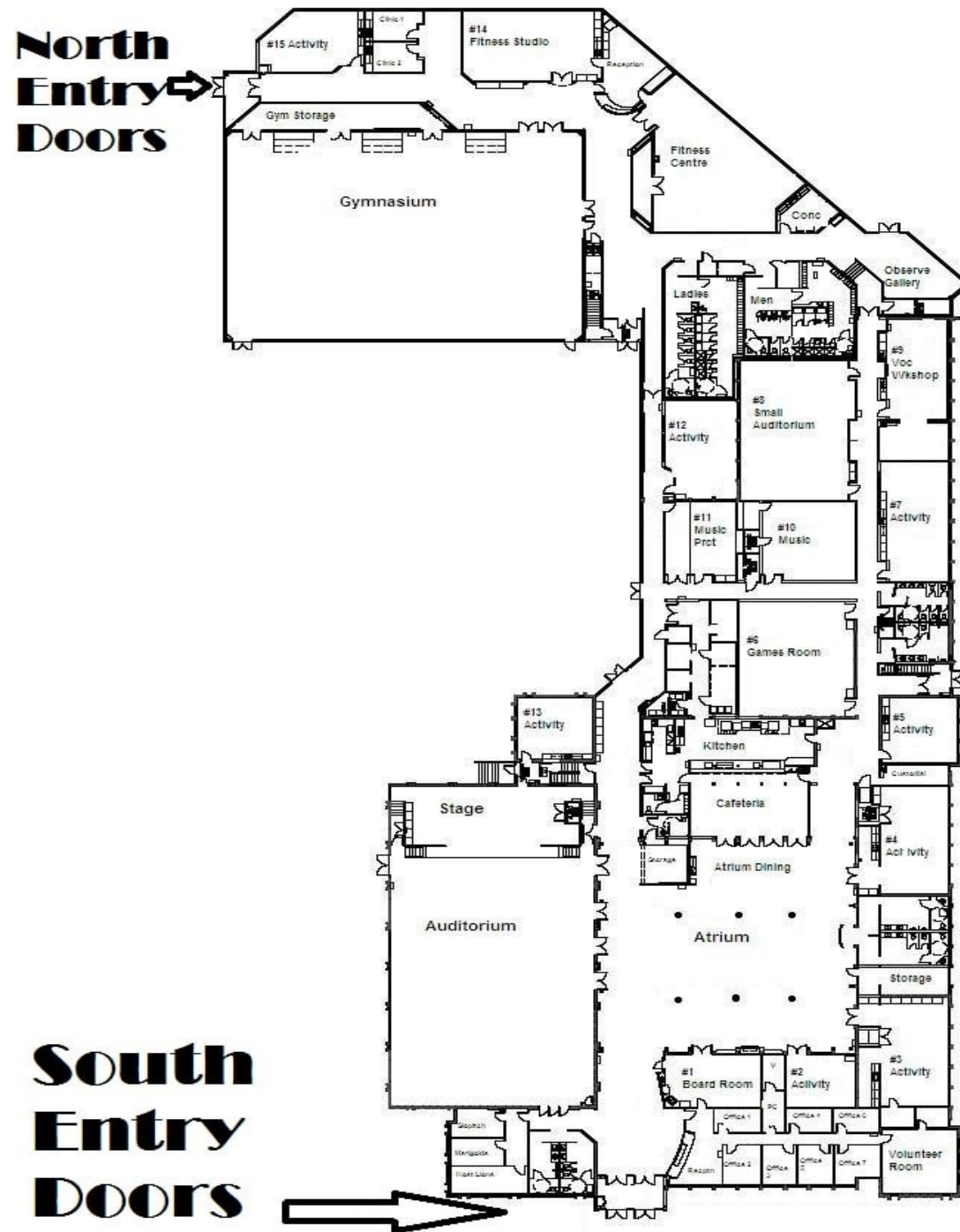
RESOURCES FOR SENIORS

AND MORE!

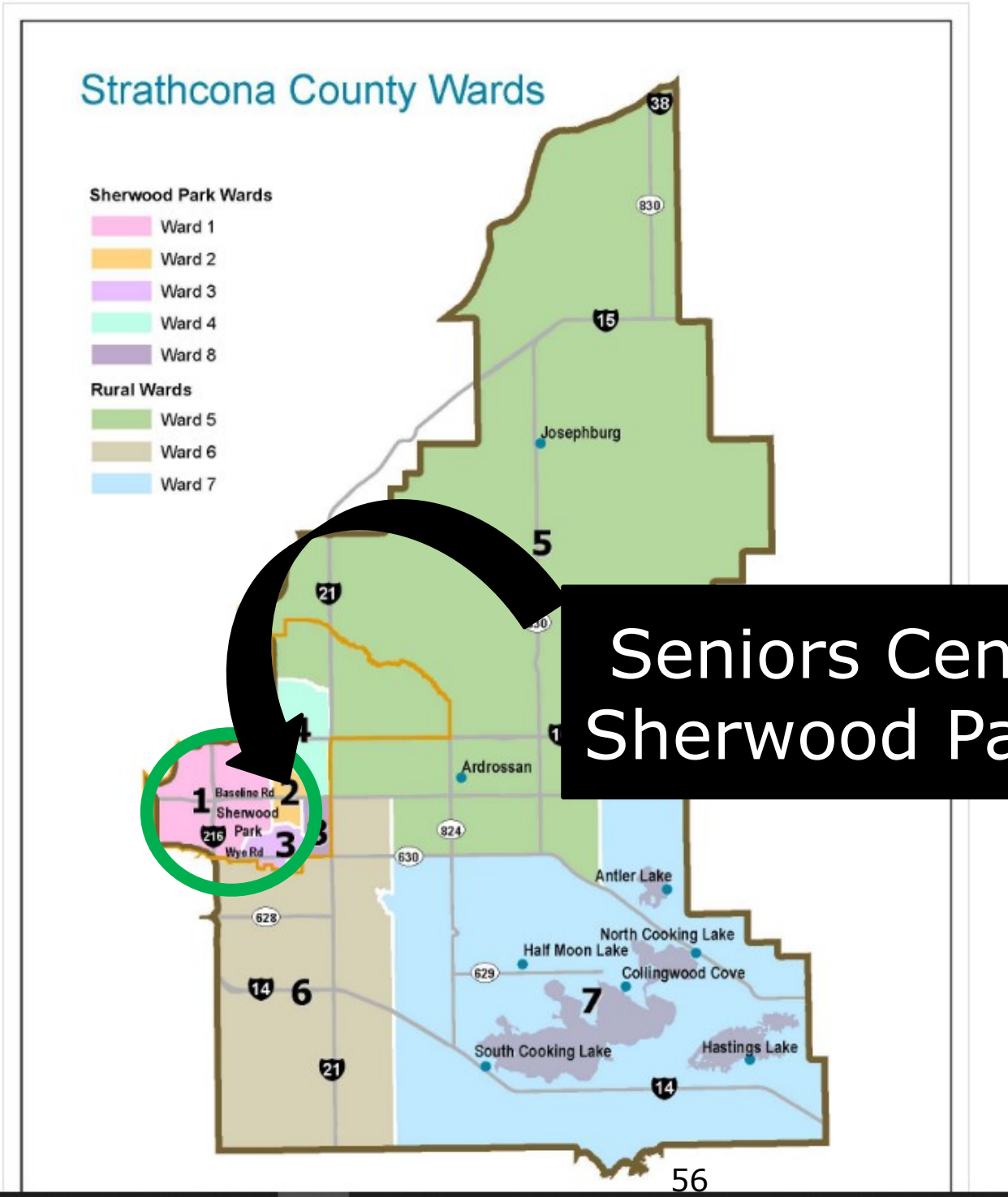
Are you 55+? JOIN OUR COMMUNITY!
Sign up for our E-Newsletter on our website:
weseniors.ca/resources/newsletter/



**No need to
reinvent the wheel!
Many successful
footprints to follow
once we confirm
exactly what
programs are
needed –
multifunctional and
inclusive**



Strathcona County Wards



Must Have's for a Seniors Centre

Recommended by Dr. Haidong Liang – Executive Director, Westend Seniors Activity Centre – also one of the leading Gerontologists in North America

1. Parking and good access to public transportation:

- Sufficient for the number of members attending several concurrent activities
- This is a major complaint for many senior centres

2. Rooms / Facilities Needed:

- Gymnasium/Auditorium: used for activities, presentations, sports (badminton, floor curling), large meetings, etc. Can be rented out (revenue generation)
- Indoor / Outdoor Pickle ball courts (good to have separate)
- Community café / kitchen (catering, rentals) – convenient having close to gym /multi-purpose room
 - Senior friendly meals / Dementia sensitive meals
 - Meals for the community – frozen meal service (revenue generation)
 - Ability to accommodate community events, weddings, etc.

Must Have's for a Seniors Centre

2. Rooms / Facilities Needed (continued):

- Separate rooms for activities – need the ability to leave the tables/material in the room permanently
 - Crafts / Art
 - Card games
 - Sewing
 - Knitting / Crochet
 - Paper crafts
- Workshop: wood carving, wood inlay, small appliance repair (proceeds could be donated to County Clothesline), etc.
- Multi purpose rooms: used for yoga, fitness, etc.
 - Easy to clean, sufficient flooring, easy to maintain
- Library: reading; computers; Internet accessible throughout the entire facility
- Boardroom: meetings, computer classes, meetings, rental opportunity
- Office rooms;

Other Considerations

- **Rooms / Facilities:**

- Rent them out when not in use – provides additional revenue
 - Community league
 - Sports leagues
 - Private events
- Make them multi-functional wherever possible

- **Linking Generations:**

- Provide opportunities for grandparent/school age children connections

- **FCS Resources:**

- Have support staff on the premises to provide support for seniors

What We Need / What We Can Do

- **What we need from you:**

- Allocate County resources to develop a Senior Centre design by Q2 2021 based on the preliminary findings of our committee and gaps in existing facilities/programs
- Ensure County Administration maintains a close relationship with our committee for input/reviews

- **What we can do:**

- Work with seniors groups in the County to further define requirements
- Research options for an organizations (new or existing) that could operate a future facility
- Provide detailed **coordinated** input to Administration (RPC, FCS, etc.) on findings and recommendations from our research and discussions with other seniors groups
- Review/provide input on the preliminary concept from Administration for presentation to Council by end of Q2 2021

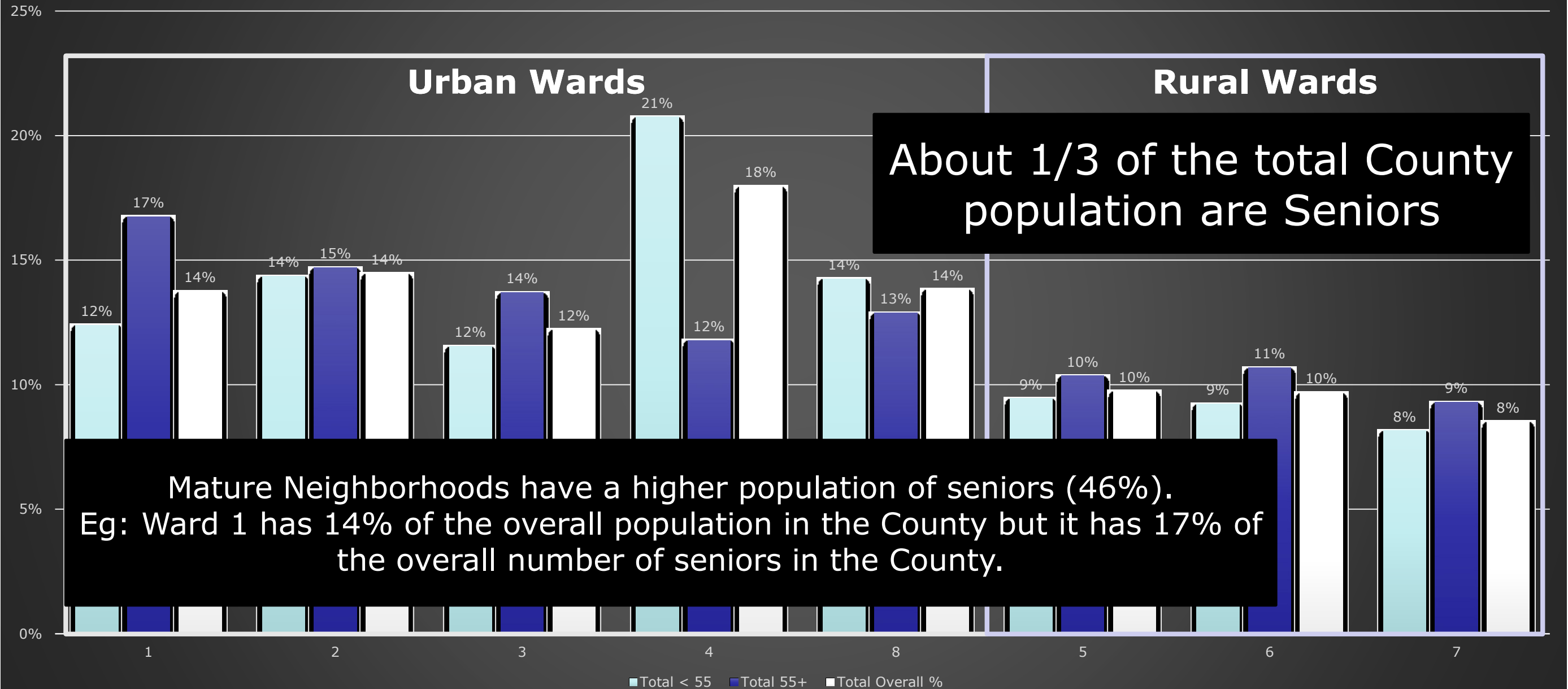
- **Why the sense of urgency?:**

- Many priorities and projects for Council to consider, and a legitimate Seniors Centre is just one of them
- We are striving to become Canada's most liveable community, and Strathcona County's senior population deserve a home in that vision for the future

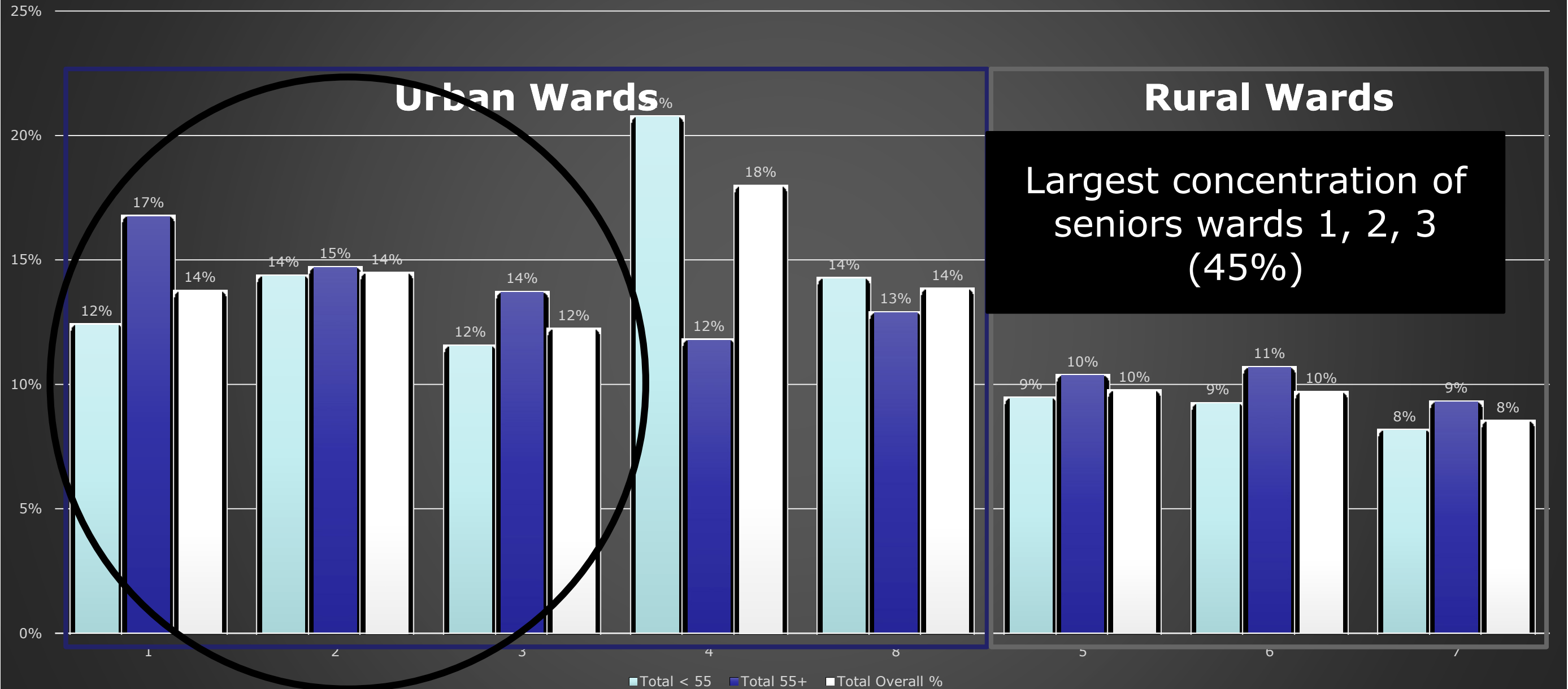


SUPPLEMENTAL MATERIAL

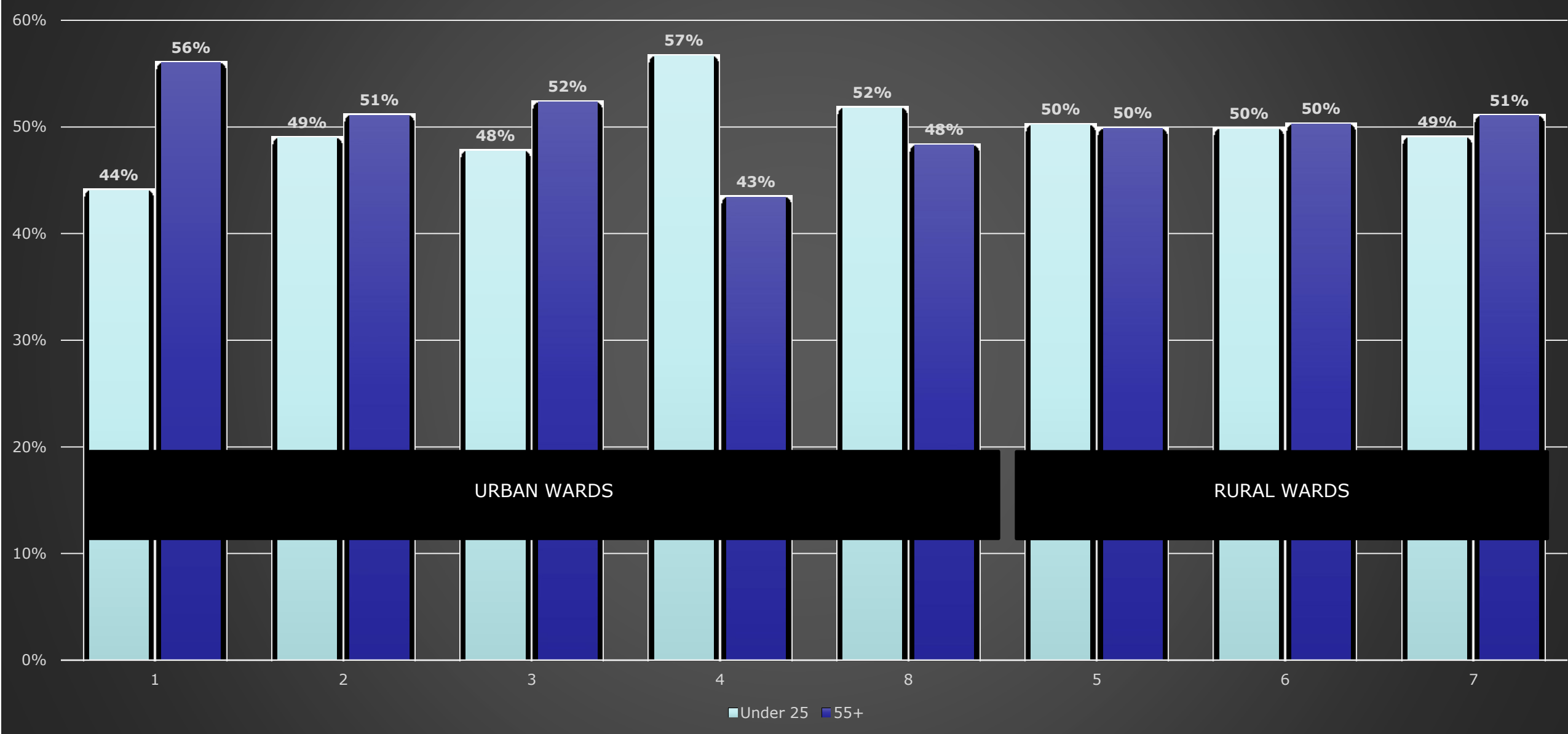
Percentage of Seniors / Non-Seniors Compared to Overall Population by Ward





Percentage of Seniors / Non-Seniors Compared to Overall Population by Ward



Comparison of Under 25 to 55+ by Ward



 Recreation Online

Programs by keyword or code... 

Registered programs | Book your activity | Booking availability | Become a member | FAQs

HomeRegistered programsOlder Adults (50+) - fitness/aquatic -cancelled

Older Adults (50+) - fitness/aquatic -cancelled

All adult programs found in [Group fitness](#), [Visual arts](#), and [Outdoor pursuits](#) are for individuals up to the age of 99 (or older!).


The courses and classes outlined below are specifically designed for participants who are 50 years old and better and include Health-Based/Prevention options.

Please note: By completing a transaction, you are granting consent for Strathcona County to send your information to Alberta Health Services for contact tracing purposes, if required. Please review the full Freedom of Information and Protection of Privacy (FOIP) Act statement located in the Frequently Asked Questions section below.

Aquatic Fitness >Fitness >Visual Arts >

Strathcona County –
aquatic program for
seniors 50+

What is a senior?



What are you looking for?

HOME

EXPLORE

LISTINGS


MORE

Sign in or Register

Add Free Listing

Deals & Discounts for Canadian Seniors
















Please read our disclaimer at the bottom of this page. We make every attempt to keep the information on this page as accurate as possible. Please always consult with the business to ensure the information provided here is valid and up to date and is applicable to those who intend to use it. Also be advised that additional restrictions may apply that may not be provided on this page. Please let us know if anything is incorrect or there is deal for Canadian seniors that is not listed on this page. If you are a business owner and would like to list discounts for Canadian seniors, please [click this link](#) to submit your deals and discount to publish here.



Always Be Prepared. Bring a valid ID, and remember there is nothing wrong to ask if you are eligible for seniors discount.

In most places you may be required to show a valid government issued ID. If needed, all provinces issue Identification cards.

Click on a seniors discount category

 <h3>Retail</h3> <p>Retail discounts for Canadian Seniors</p>	 <h3>Food & Grocery</h3> <p>Food and Grocery Discounts for Canadian Seniors</p>	 <h3>Restaurants</h3> <p>Restaurants Discounts for Canadian Seniors</p>	 <h3>Drugstore</h3> <p>Pharmacy discounts for Canadian Seniors</p>	 <h3>Service and Utility</h3> <p>Service & Utility Discounts for Canadian Seniors</p>
 <h3>Transportation</h3> <p>Transportation Discounts for Canadian Seniors</p>	 <h3>Hotel</h3> <p>Hotel Discounts for Canadian Seniors</p>	 <h3>Travel</h3> <p>Food and Grocery Discounts for Canadian Seniors</p>	 <h3>Bank</h3> <p>Bank Discounts for Canadian Seniors</p>	 <h3>Automotive & Insurance</h3> <p>Insurance & Automotive care Discounts for Canadian Seniors</p>
 <h3>Arts & Museum</h3> <p>Art & Museum Discounts for Canadian Seniors</p>	 <h3>Entertainment</h3> <p>Entertainment Discounts for Canadian Seniors</p>	 <h3>Parks & Attractions</h3> <p>Parks and attractions Discounts for Canadian Seniors</p>	 <h3>Car Rental</h3> <p>Car Rental Discounts for Canadian Seniors</p>	 <h3>Historic Sites</h3> <p>Historic Sites Discounts for Canadian Seniors</p>

Why Play is Important

- **Improve how your brain works:**
 - Maintains memory
 - Optimizes ability to learn new things
 - Can enhance creativity and mental sharpness
- **Heal, establish, or maintain relationships**
 - Lot of seniors are lonely
 - On average, seniors without spouses or partners spend about [10 hours alone](#) each day
 - Having fun can enable older adults to make new friends or improve existing relationships
 - Laughter and friendly competition are known to increase harmony, trust, empathy, and intimacy among people who experience them together

Why Play is Important

- **Improve mental and emotional well-being**
 - A brighter outlook on life = sense of time recedes into the background
 - Engaging in activities you enjoy can expand optimism, multiply moments of joy, and reduce stress. It can even help prevent depression.
- **Extend your life and improve your physical vitality**
 - Creating plenty of fun moments in life can be a good way to boost immune system, reduce risk of illness, and minimize perception of pain

Social issues – impact on seniors

- Significant impact on life and both physical and mental health of seniors
- Major contributors to social and psychological problems for seniors include:
 - Loneliness from losing a spouse and friends
 - Inability to independently manage regular activities of living
 - Difficulty coping and accepting physical changes of aging
 - Frustration with ongoing medical problems and increasing number of medications
 - Social isolation as adult children are engaged in their own lives
 - Feeling inadequate from inability to continue to work
 - Boredom from retirement and lack of routine activities
 - Financial stresses from the loss of regular income
- These factors can have a negative impact on overall health of an older individual

BECAUSE
STRONG
IS **AGELESS**

There are sites
that have
equipment,
courses and
material
designed
specifically for
seniors

Designed for Seniors

HUR is a specialized strength training solution specifically designed for older adults in senior living, active aging, inclusive wellness and rehabilitation centers. Our equipment provides a safe, easy to use, and effective full-body workout for wellness, preventive, rehabilitative, and maintenance training.

[VIEW EQUIPMENT](#)

Welcome to HUR! Let us know if you have any questions.

