



SUPPLEMENTAL AGENDA MATERIALS

SPECIAL MEETING OF THE PARK AND RECREATION COMMISSION WEDNESDAY, SEPTEMBER 27, 2023, at 7:00p.m.

AGENDA ITEM 6 – Adult Programs & Senior Services Division Overview

1. Presentation Handout – Adult Programs & Senior Services.

2023-2024 Adult Programs & Senior Services Division Offerings

Support Services for Seniors (7)

1. Easy Ride Senior & Disabled Paratransit Service
2. Cafe Costa Senior Lunch Program
3. CCC HICAP
4. CCC Senior Peer Counseling
5. Lions Club-Blind & Low-Vision Support Group
6. WCCUSD Adult Education & Beacon Home Care Respite Program
7. AARP Tax-Aide Income Tax Preparation Assistance (Feb-Apr)

Fitness Classes for Seniors 60+ (6)

1. Line Dance
2. Zumba Gold
3. Senior Fitness: Chair Exercise
4. Senior Fitness: Floor Exercise
5. Strength & Balance
6. Tai Chi Chih

Enrichment Activities (6)

1. Mahjong
2. rEC Treks: Senior Day Trips
3. rEC Treks: Big Screen Classics at the Rialto
4. Senior Presentations (Free)
5. Senior Sing-Along
6. Bridge: Beginner Lessons & Experience Players

Adult Programs (18+) with senior (60+) enrollments

1. Tai Chi
2. ShinShin Toitsu Aikido
3. Tendo Naginata
4. Art & Wellness workshops
5. Ceramics Studio classes
6. Watercolor/Acrylics
7. Adult Ballet
8. Feldenkrais Method Awareness Through Movement
9. Fitness Swimming
10. Water Aerobics/Independent Exercise/Aqua Zumba
11. Hatha Yoga
12. Zumba
13. Pickleball Lessons
14. X-Fit Boot Camp

Senior Special Events: (2)

1. Evening Adult Line Dance Event w/ themes (18+, majority are seniors 60+) - quarterly.
2. Senior Resource Fair (60+) - annual

2023-2024 Adult Programs & Senior Services Division Offerings

Proposed Senior Special Events FY2023-24:

- Older Adults Month (May) Celebration (Activities every Wednesday from 1-2pm
Potential activities include: ice cream social; presentation/demo class; art activity; karaoke; cards & games)
- Monthly Birthday Celebration during Lunch Program on the last Wednesday of each month (starts September 2023)
- Boomer Dance (work with volunteer DJ to host afternoon dances for seniors Spring 24)

Adult Programs & Senior Services Division Statistics

The numbers below are not perfect, as changes were made in our software system (Rec Trac) to how participants enroll in programs. If you look at the 60+ Programs, you will see that in FY18-19 the number of class sections offered was 189 and FY19-20 was 157, but FY22-23 the number is much lower at only 80. This is because one change we made was moving from each day being a separate section to having each section be a monthly class some with an enroll-by-day option which dramatically reduces the number of sections for any given activity.

It is also important to point out that the numbers below show the total number of enrollments in all classes offered, these are unique enrollments, but not necessarily unique participants.

Adult Specialty Classes

	FY18-19	FY19-20	FY20-21	FY21-22	FY22-23
# Classes (Sections) Offered	242	179	107	227	317
Total Enrollments	2342	1904	423	2482	4657
Revenues	\$125,166.41	\$87,092.03	\$13,976.00	\$102,141.40	\$159,540.00

60+ Programs

	FY18-19	FY19-20	FY20-21	FY21-22	FY22-23
# Classes (Sections) Offered	189	157	47	59	80
Total Enrollments	902	1712	71	899	2608
Revenues	\$21,839.95	\$15,654.50	\$900.00	\$7,362.90	\$23,929.25

2023-2024 Adult Programs & Senior Services Division Offerings

From our Winter/Spring 2023 season (which spans January through May 2023), we can look at the number of unique enrollments by age range of participants. Unique enrollment does not mean unique participants. This information tells us that the largest number of enrollments is with participants between 66- to 85-year-olds.

Winter/Spring 2023	
Age of Participant	# of Enrollments
18-25	39
26-35	175
36-45	220
46-55	320
56-65	596
66-75	2,139
76-85	1,501
86-95	111