



STAFF REPORT

CITY of YORBA LINDA

PARKS AND RECREATION DEPARTMENT

DATE: FEBRUARY 20, 2025

TO: HONORABLE CHAIR AND MEMBERS OF THE PARKS AND RECREATION COMMISSION

FROM: ROB CAVANAUGH, RECREATION SUPERVISOR

SUBJECT: OLDER ADULT PROGRAMS REVIEW

RECOMMENDATION

It is recommended that the Parks and Recreation Commission receive public input and provide comments on current and new older adult programs.

BACKGROUND

Older adult programs (ages 50 years & older) have been offered at the Community Center since the building opened in 1994. These programs are designed to improve the quality of life for older adults by offering diverse programs that meet their needs and interests, while fostering an inclusive, engaging, and supportive environment that encourages an active lifestyle to increase the participants' socialization, health and wellness. With a robust listing of programs and services offered throughout the Parks and Recreation Department, programs are regularly reviewed to identify changes or enhancements of services. This report provides an opportunity for the public and the Parks and Recreation Commission to be informed of the older adult programs offered through the Department and give input on ways to enhance existing older adult programs or add new programs based on current trends and participant interest.

The Parks and Recreation Department collaborates with several businesses, non-profit organizations, and governmental agencies to provide programs designed for older adults, including the Yorba Linda Senior Citizens' Club (YLSCC), North Orange Continuing Education (NOCE), and Orange County Meals on Wheels (MW). The table of programs in Attachment A lists the current inventory of programs, their frequency, and which organization is responsible for each program. As an additional reference of programs offered regularly, staff develop a quarterly Senior Bulletin (Attachment B) which lists all special events, programs, and services available during each month and quarter throughout the publication.

DISCUSSION

While many of the programs have steady participation, some programs could be re-evaluated and modified to increase interest or make more space available to implement new

OLDER ADULTS PROGRAMS REVIEW

Page | 2

programming that is of interest to more of the community. Staff routinely communicates and receives regular feedback on programs and services from several participants of the older adult programs. However, to expand the outreach and solicit feedback from additional stakeholders, participants, and residents, staff will distribute an Older Adult Program and Activities survey (Attachment C). Prior to this survey, the most recent detailed feedback we have from this population segment is from the Parks and Recreation Master Plan's Senior Citizen Survey completed in 2012 (Attachment D). The 2025 Older Adult Program and Activities Survey outreach will provide staff with valuable feedback and suggestions that can help shape the future of older adult programs and identify new programming opportunities to consider. Staff plan to advertise and begin collecting responses from March 1 through May 1.

When re-evaluating and determining new programs, it is important to understand the current restraints, schedule, and availability at the Community Center. Although additional programs can and have been implemented by collaborating with private businesses or offered at other recreational facilities such as the Cultural Arts Center, space can be limited at the Community Center. The Community Center is utilized heavily for older adult programs primarily between the hours of 8 a.m. and 4:30 p.m. Monday through Friday. Classes offered throughout the Parks and Recreation Department utilize the Community Center regularly throughout the day primarily Monday through Saturday, with a majority occurring in the evening hours. Private rentals for businesses, non-profits, and residents continue to remain popular and are utilized seven days a week, primarily weekday evenings and weekends. Additionally, two primary facility use agreements are in place for use of the building with the YLSCC and Woman's Club.

ATTACHMENTS

- A- Older Adult Programs List
 - B- Senior Bulletin - Winter 2025
 - C- 2025 Older Adults Program and Activities Survey
 - D- Pages from the Parks and Recreation Master Plan
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