



WILDWOOD

June 18, 2019

The Honorable City Council
City of Wildwood, Missouri
16860 Main Street
Wildwood, Missouri 63040

Re: **Summary of Feedback from Senior Open Houses (Wards - All)**

Council Members:

BACKGROUND >>>

The City began offering programs for seniors, individuals sixty (60) years of age and older, in 2017, funded by Community Development Block Grants (CDBG). These programs were initially organized by the Department of Administration. Beginning in 2018, the Department of Parks and Recreation began the management of these programs. In the beginning of 2018, two (2) fitness classes were offered on alternating weeks. Partnerships were formed with *Wildwood Yoga and Wellness* and the *Wildwood Family YMCA* and each of the classes, senior yoga and senior fitness, were held at these respective locations.

Participant feedback on these classes was very positive, and attendees were regularly contacting the City regarding their desire for additional classes. In September 2018, a senior water fitness class, held at the Wildwood Family YMCA, was added each week and an additional senior fitness class followed shortly thereafter, bringing that class' schedule to a weekly basis. This increase in offerings resulted in the following schedule for the final four (4) months of 2018:

- Bi-weekly senior yoga class on alternating Fridays;
- Weekly senior fitness class on either Wednesday or Friday; and
- Weekly senior water fitness class on every Tuesday.

In addition to the exercise classes, a senior creative writing class was also offered and well attended.

Due to the increased popularity of the exercise classes, a new schedule was created for 2019, wherein each class was offered once a week, providing seniors in the community three (3) opportunities a week for free exercise classes. The schedule now is:

- Senior water fitness every Tuesday;
- Senior fitness every Wednesday; and
- Senior yoga every Friday.

Another creative writing class was held in the Spring, as well as, a lecture on *Staying Healthy Later in Life* provided in conjunction with *Stonecrest Wildwood*, both of which had good attendance.

OPEN HOUSES >>>

In creating the 2019 schedule and, in response to the ongoing, and high level of interest, in senior programming, the Committee suggested, with the Department offering two (2) Open Houses in late Spring for seniors to visit City Hall and discuss what programs they would like Wildwood to offer to their demographic. A summary of the comments from each Open House is provided below:

April 11, 2019

Six (6) individuals attended the Open House. They collectively preferred morning programs, although some were agreeable to any time of day. They also preferred notification by telephone, but were open to receiving information via mail delivery, email, and flyers of other programs.

- Requested programs included:
 - Bus Trips
 - Cardinals games
 - Hannibal
 - The Gateway Arch
 - Jefferson City
 - Anheuser-Busch Brewery
 - The Hill
 - Bingo
 - Entertainment
 - Social Gatherings
 - Play cards
 - Coffee
 - Tai Chi
 - Line Dancing
 - Bar-be-cues
 - Painting/Art Classes
 - Lectures
 - Security
 - Doctors
 - Heart Health
 - Nutrition
 - Blood Pressure

May 1, 2019

Eight (8) individuals attended the Open House. This group collectively did not express a preference on program time, except to note they preferred daytime programs. Their preferred notification was email,

with a few stating they wouldn't mind information via mail delivery to their homes. Printed programs and email newsletters from other municipalities were provided to Department staff for examples.

- Requested programs included:
 - Bus/Day Trips
 - Tours of Assisted Living Facilities
 - Historical Tours
- Walking Group (meet weekly)
- Zumba
- Tai Chi
- Bridge and Other Card Games
- Additional Fitness Classes
- Pickleball Courts
- Pizza and Bingo
- Senior Days at the Swimming Pools
- Lectures/Talks
 - Historical Society
 - Medical Assistance
 - Realtors – downsizing experts
- Social Gatherings

COMMITTEE ACTION >>>

The Committee held a discussion regarding a number of additional programs it would like to consider adding to the City's offerings in the future, cognizant of staffing levels. Some items of interest the Committee would like to pursue for the City's senior demographic, included the following:

- providing space and connections for a social gathering time on a regular schedule;
- providing transportation to the Town Center and City events for those seniors who may not drive;
- increase the number of workshops/lectures/classes and the variety of offerings;
- include events that facilitate bird watching and photography;
- discuss a partnership with Equine Assisted Therapy (ETA) for therapeutic horsemanship programs;
- facilitate a way to hear their stories and learn more from them, while spreading their message to a wider audience;
- partner with local businesses, and have senior authors read to children at Miller Haus' story time; and
- investigate a public/private partnership with subdivision Homeowner's Associations that may offer improvements the City does not, such as pickleball courts.

At the conclusion of the discussion, consensus was reached among the Committee Members for Department staff to pursue additional offerings, as discussed and identified above.

OTHER >>>

If any of the City Council Members should have questions or comments before tonight's meeting about this information, please feel free to contact the Department of Planning and Parks at (636) 458-0440. The Department of Planning will be available at the June 24, 2019 City Council meeting to respond to any questions or comments in this regard. Thank you for your review of this information and any direction on the same.

Respectfully submitted,
CITY OF WILDWOOD

Debra Smith McCutchen, Chair*
Planning and Parks Committee

Cc: The Honorable James R. Bowlin, Mayor
Steve Cross, Co-Interim City Administrator
John A. Young, City Attorney
Kathy Arnett, Assistant Director of Planning and Parks
Gary Crews, Superintendent of Parks and Recreation

* The Department of Planning and Parks developed this report, in conjunction with the Planning and Parks Committee. Content reflects the Committee's consideration of this subject, and not necessarily an individual's position or opinion.