

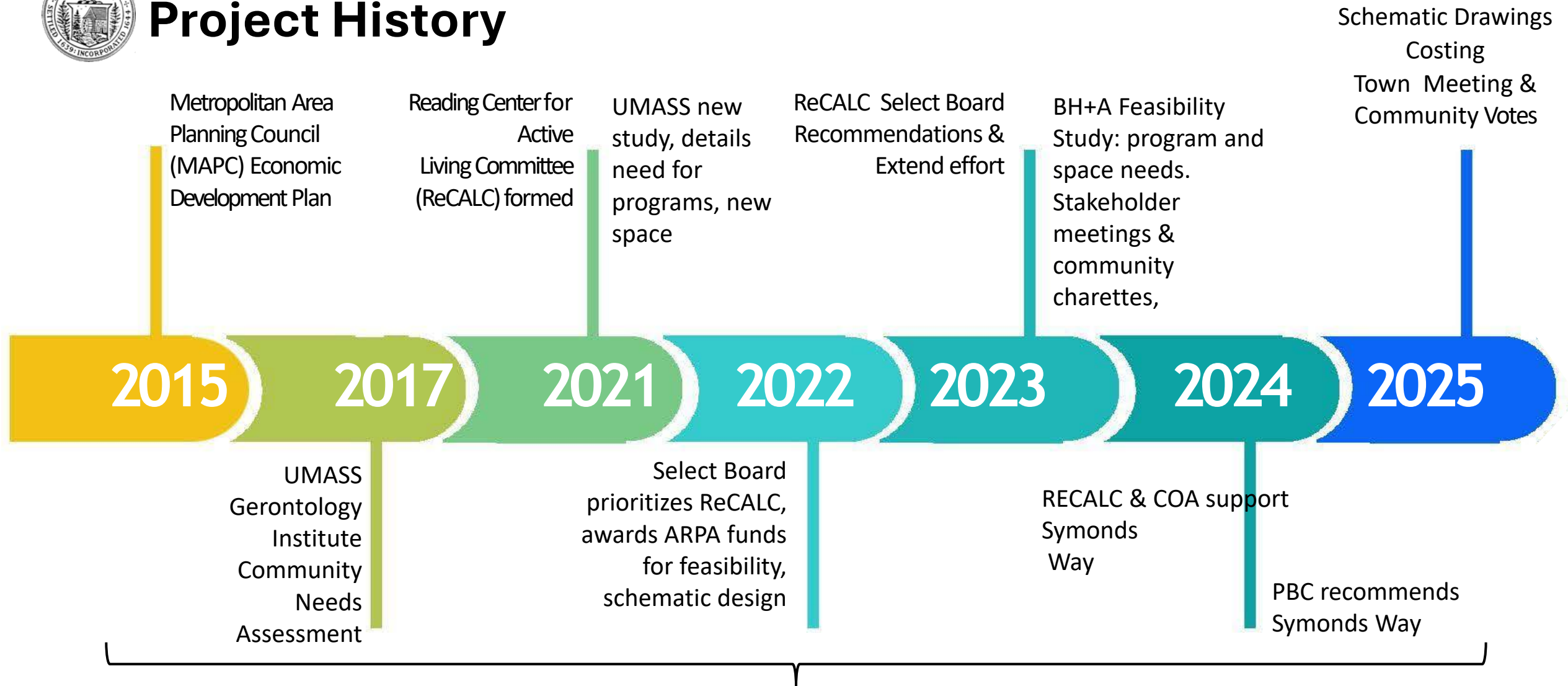


Reading Center for Active Living (ReCAL)

Select Board Update
February 04, 2025



Project History

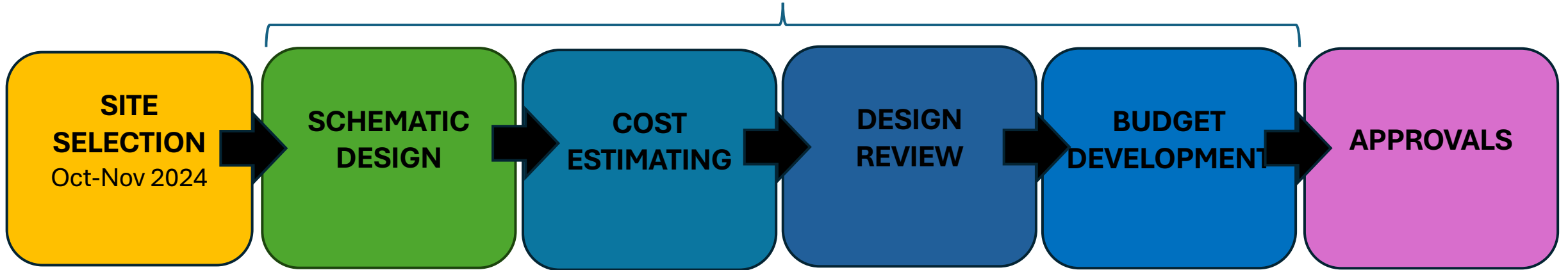


10 Years of Planning



Schematic Design Process

Schematic Design Process: Input & Feedback



Permanent Building Committee

- Design/Stakeholder
- Sustainability
- Communications

Outreach

- Council on Aging
- Public Forums
- Lunch & Learn

Town of Reading

- Executive
- Operations
 - Elder & Human Services
 - Recreation
 - Veterans' Services

Town of Reading

- Departmental Reviews
 - Fire
 - Police
 - Conservation
 - Health
 - Engineering
 - Planning
 - Public Works

Abutters

- Burbank Ice Arena

Other

- Killam SBC/OPM
- Edge Sports



Schematic Design Process

**OVER 50 SCHEMATIC PHASE
MEETINGS**

13 PUBLIC MEETINGS





Public Engagement

Community Television

Email Input

Email us at RECAL@readingma.gov.

Website



Social Media



Automatic Updates



Notifications



Town News Flash



Newsletters

Reading's Newsletter for Adults 60+ January 2025

PLEASANTRIES

49 Pleasant Street Reading, MA 01867 (781) 942-6794
Hours: M-Th: 8:30am - 4:00pm Fr: 8:30am - 12:00pm
www.readingma.gov/205/Elder-Human-Services

Clerk Linda Antinoro lantinoro@readingma.gov 781-942-6794	RECAL PUBLIC FORUMS
Administrator Chris Kowaleski 781-942-6796 ckowaleski@readingma.gov	Please join the next two Reading Center for Active Living (ReCAL) public forums on Tuesday, January 28 th and Tuesday, March 5 th . Both forums will start at 7:00pm at the Pleasant Street Center. Do you have feedback or thoughts to share on the project? Email them to ReCAL@readingma.gov .
Senior Center Coordinator	NEW YEAR LUNCHEON

Press Articles

The Reading Post

Flyers

RECAL Reading Center for Active Living

Design & Use

- The lobby is designed as the main entry point, providing information and resources at the front desk to assist with navigation of the facility.**
- The lounge provides a comfortable space for relaxation, socializing, and for informal gatherings with a casual atmosphere for visitors.**
- The Game Room and Card Room are designed for recreation and social interaction. These spaces offer a variety of games and activities, promoting friendly competition and opportunities to connect with others.**

Video

ReCAL PROJECT

33%

Households in Reading with a person aged 60 or older.

A Community Needs Assessment by UMass in 2017 demonstrated a key area of need: Our town's aging population.

TOWN OF READING

Suggestion box



Forums



Turner & Townsend Heery



Project Vision

VISION STATEMENT: The Reading Center for Active Living (ReCAL) will be a community asset, designed to support the Mission Statements of Elder & Human Services, Recreation and Veterans Divisions. ReCAL seeks to foster health and wellness by promoting social interaction, strengthening the community, and providing a point of access to programs and services for all ages.

MISSION STATEMENT: The Town of Reading created multiple guiding principles for the Center for Active Living in order to provide an inclusive, welcoming, and supportive space that meets the interests and needs of the growing 60+ population. The Reading Center for Active Living embraces a dynamic approach promoting growth and healthy aging by enhancing the social, cognitive, and physical lives of our senior population. RECAL will also provide additional indoor recreational space for all age groups.



Elder & Human Services



Veterans Services



Recreation

Reading Center for Active Living



Project Goals

GUIDING PRINCIPLES:

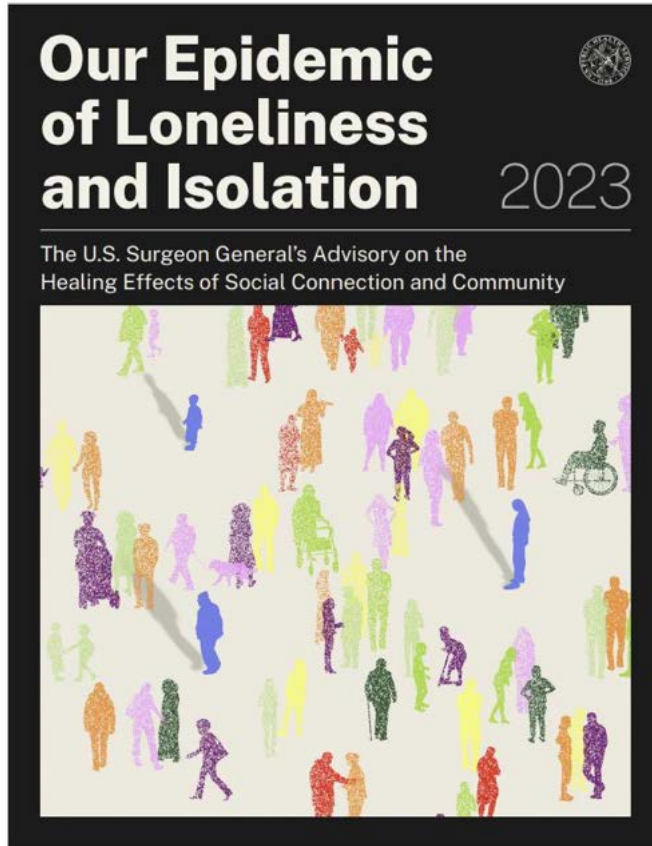
1. RECAL will be **age-friendly and welcoming to everyone**.
2. The design will include a **senior hub with designated spaces** to support the full range of programs and services to meet the growing needs of Reading's age 60+ residents offering full day, weekend, and evening hours.
3. RECAL will include designated space for **recreation and veterans' offices and shared spaces** to provide recreational and/or community-building opportunities for all ages.
4. The Center will ensure **safety and accessibility** both inside and outside the facility through thoughtful design and operation.
5. The Center will promote **social equality and maximize access to programs** and services to all members of the community.
6. The facility will be **environmentally conscious**, strive to be carbon neutral, and will leave a legacy of responsible design and operation

Thoughtfully Bridging Generations





Project Impact



“Social connection—the structure, function, and quality of our relationships with others—is *a critical and underappreciated contributor to individual and population health, community safety, resilience, and prosperity.*”

“The lack of social connection *can have significant economic costs to individuals, communities, and society.* Social isolation among older adults alone accounts for an estimated \$6.7 billion in excess Medicare spending annually...

“...loneliness and isolation are associated with *lower academic Achievement, worse performance at work.* In the U.S., stress-related absenteeism attributed to loneliness costs employers an estimated \$154 billion annually.”

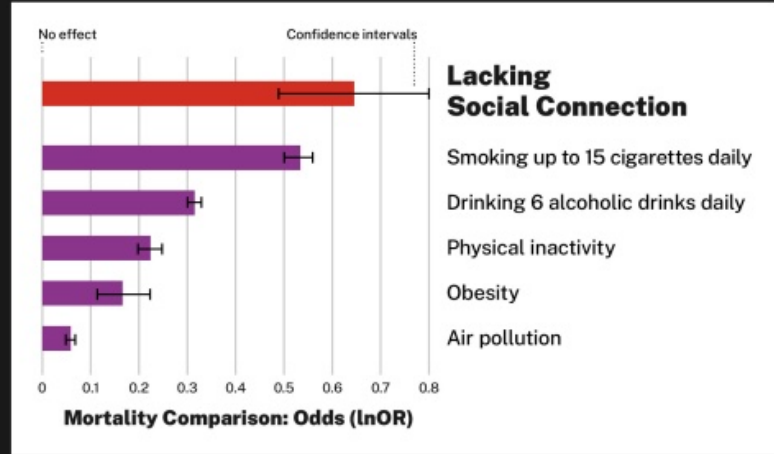
“The impact of social *connection not only affects individuals, but also the communities they live in.*”

<https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf>



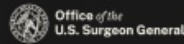
Project Impact

Lacking social connection is as dangerous as smoking up to 15 cigarettes a day.



Comparison groups: Complex measures of social integration: high v. low; not smoking v. smoking < 15 cigarettes daily; alcohol abstinence v. drinking > 6 alcoholic drinks daily; physical activity v. inactivity; low BMI v. high BMI; low air pollution v. high air pollution.

Source: Holt-Lunstad J, Robles TF, Sbarra DA. Advancing Social Connection as a Public Health Priority in the United States. *American Psychology*. 2017;72(6):517-530. doi:10.1037/amp000103. This graph is a visual approximation.



Office of the U.S. Surgeon General

The Six Pillars to Advance Social Connection

- 1
- 2
- 3
- 4
- 5
- 6

Pillar 1
Strengthen Social Infrastructure in Local Communities

- Design the built environment to promote social connection
- Establish and scale community connection programs
- Invest in local institutions that bring people together

Build Environment for Social Connection



Project Impact

The NEW Reading Center for Active Living is more than just a construction Project. It is a commitment to our town to offer programs and services that are very much valued and needed.

We have over 9,000 individuals/families participating in community programs/events and utilizing vital social services and resources offered within the Community Services Department

Other Centers have seen a 70%-110% increase in participation when opening their new facilities. This translates into 58% - 72% of the total population of Reading who will use this building or access resources.

With the rising demand for services evidenced as well as a rapidly growing 60+ community, this project ensures that all members in the Town of Reading have access to the resources, facilities and community connection they need to thrive.

By placing Elder & Human Services, Recreation and Veterans at the heart of a modern, accessible and inclusive community hub, we create a space that not only meets immediate needs but also fosters long-term growth, collaboration and integration. This project is a crucial investment for a successful and happy shared future.

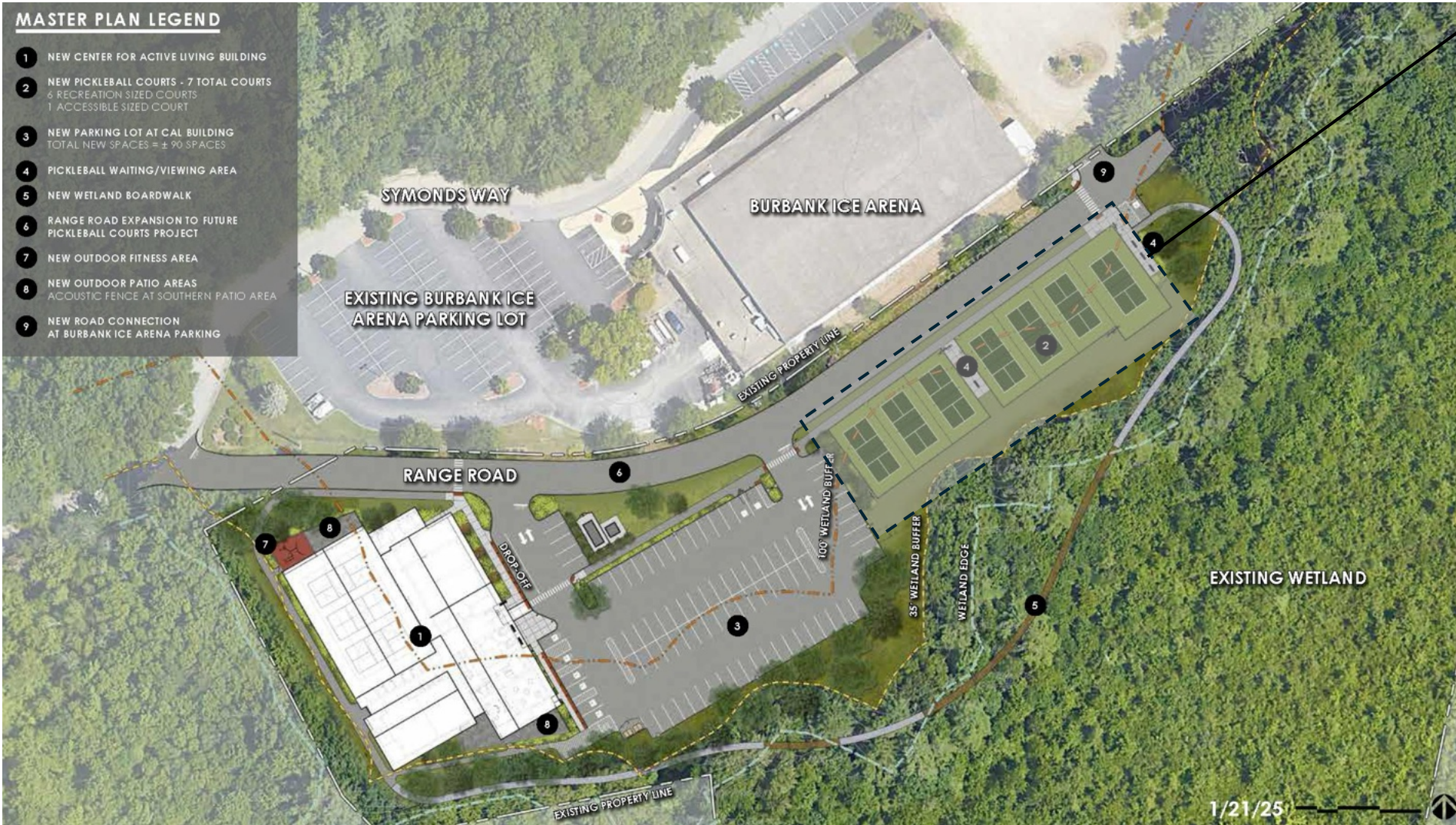


Design Update

Site Plan

MASTER PLAN LEGEND

- 1 NEW CENTER FOR ACTIVE LIVING BUILDING
- 2 NEW PICKLEBALL COURTS - 7 TOTAL COURTS
6 RECREATION SIZED COURTS
1 ACCESSIBLE SIZED COURT
- 3 NEW PARKING LOT AT CAL BUILDING
TOTAL NEW SPACES = ± 90 SPACES
- 4 PICKLEBALL WAITING/VIEWING AREA
- 5 NEW WETLAND BOARDWALK
- 6 RANGE ROAD EXPANSION TO FUTURE
PICKLEBALL COURTS PROJECT
- 7 NEW OUTDOOR FITNESS AREA
- 8 NEW OUTDOOR PATIO AREAS
ACOUSTIC FENCE AT SOUTHERN PATIO AREA
- 9 NEW ROAD CONNECTION
AT BURBANK ICE ARENA PARKING



PICKLEBALL COURTS
are separate project.



Design Update

View From Ice Rink





Design Update

View from Parking Area





Design Update

View of Senior Patio





Design Update

View of Second Floor Deck





Design Update

Ground Floor Renderings



Entrance



Lobby



Design Update

Ground Floor Renderings



Senior Lounge



Senior Cafe



Design Update

Ground Floor Renderings



Game Room



Multi Purpose Room



Design Update

Ground Floor Renderings



Gymnasium



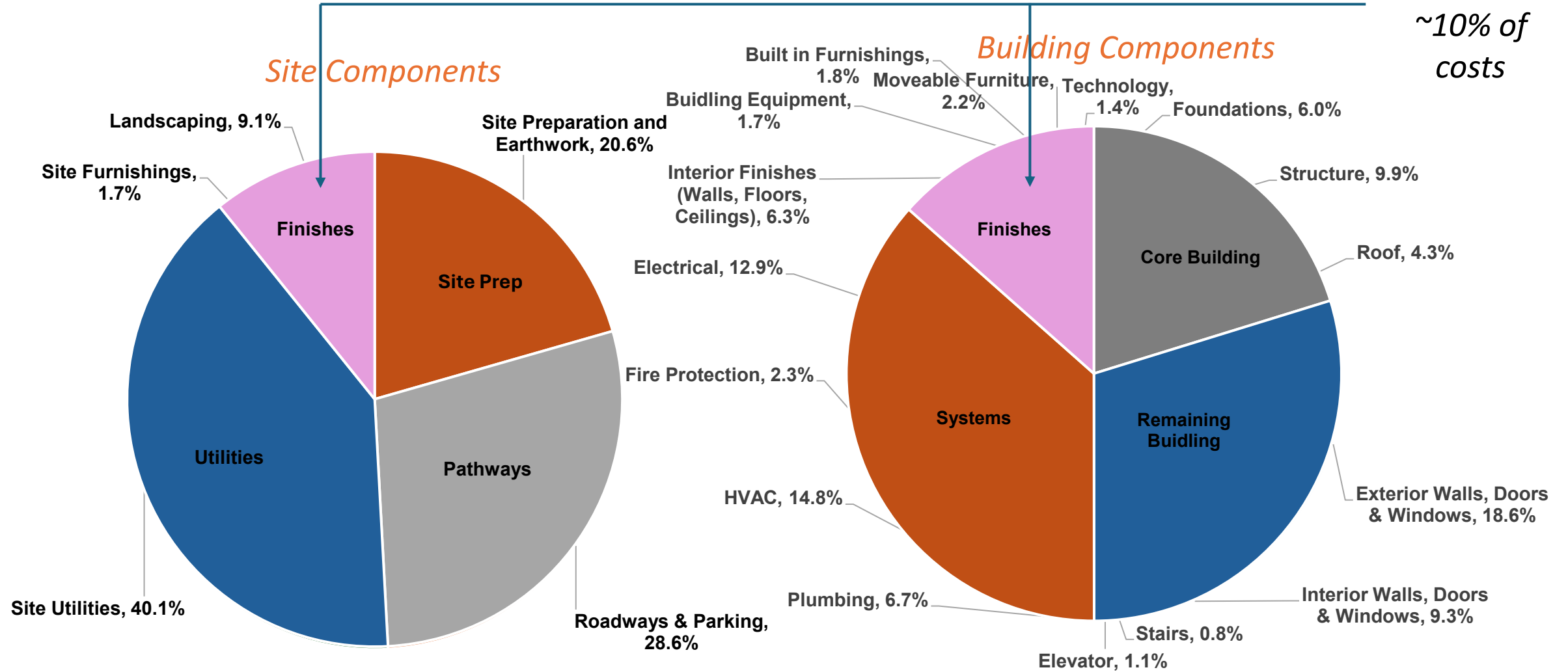
Construction Project Costs



Construction Project Costs

Unit Costs

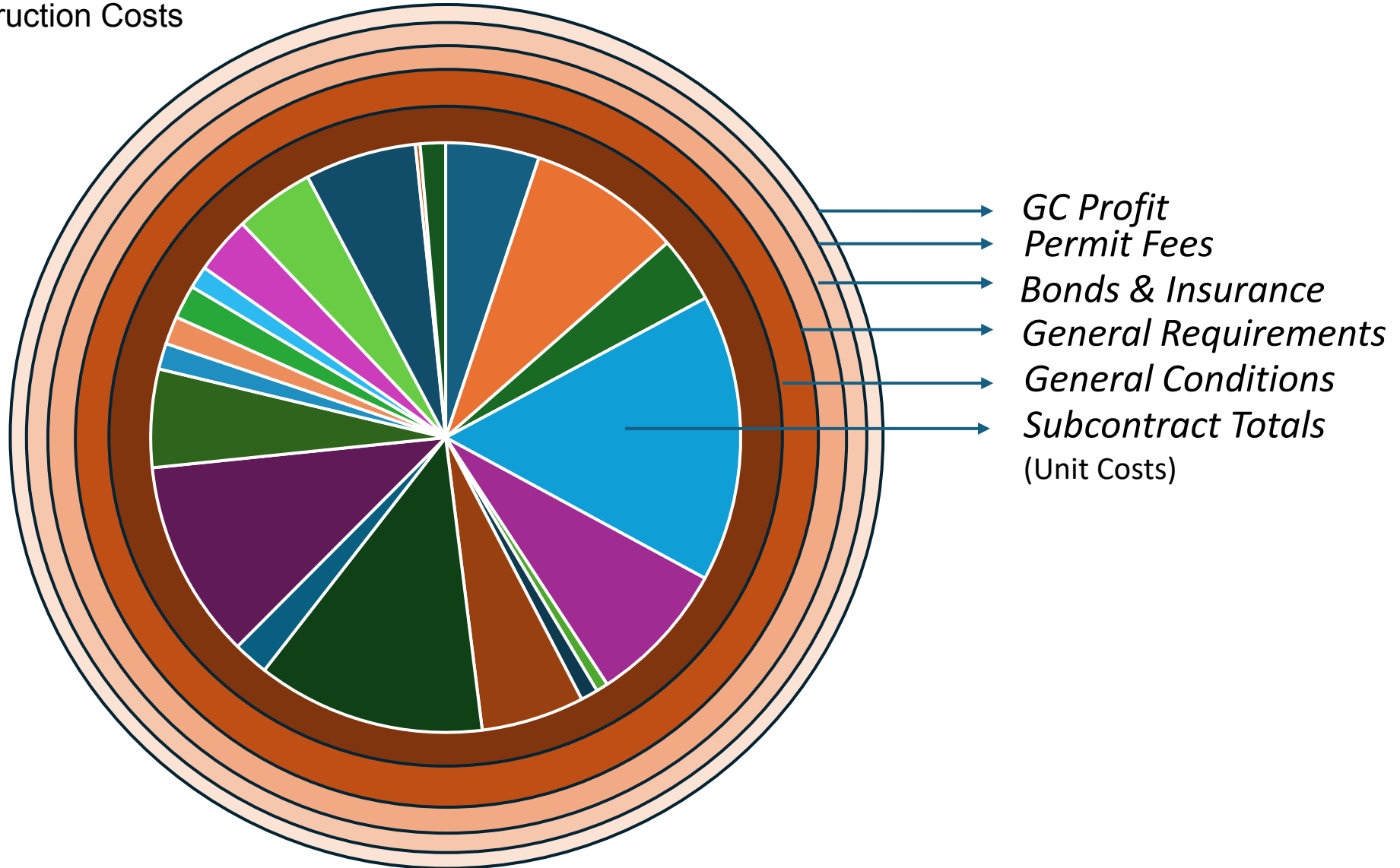
What most will notice = ~10% of costs





Construction Project Costs

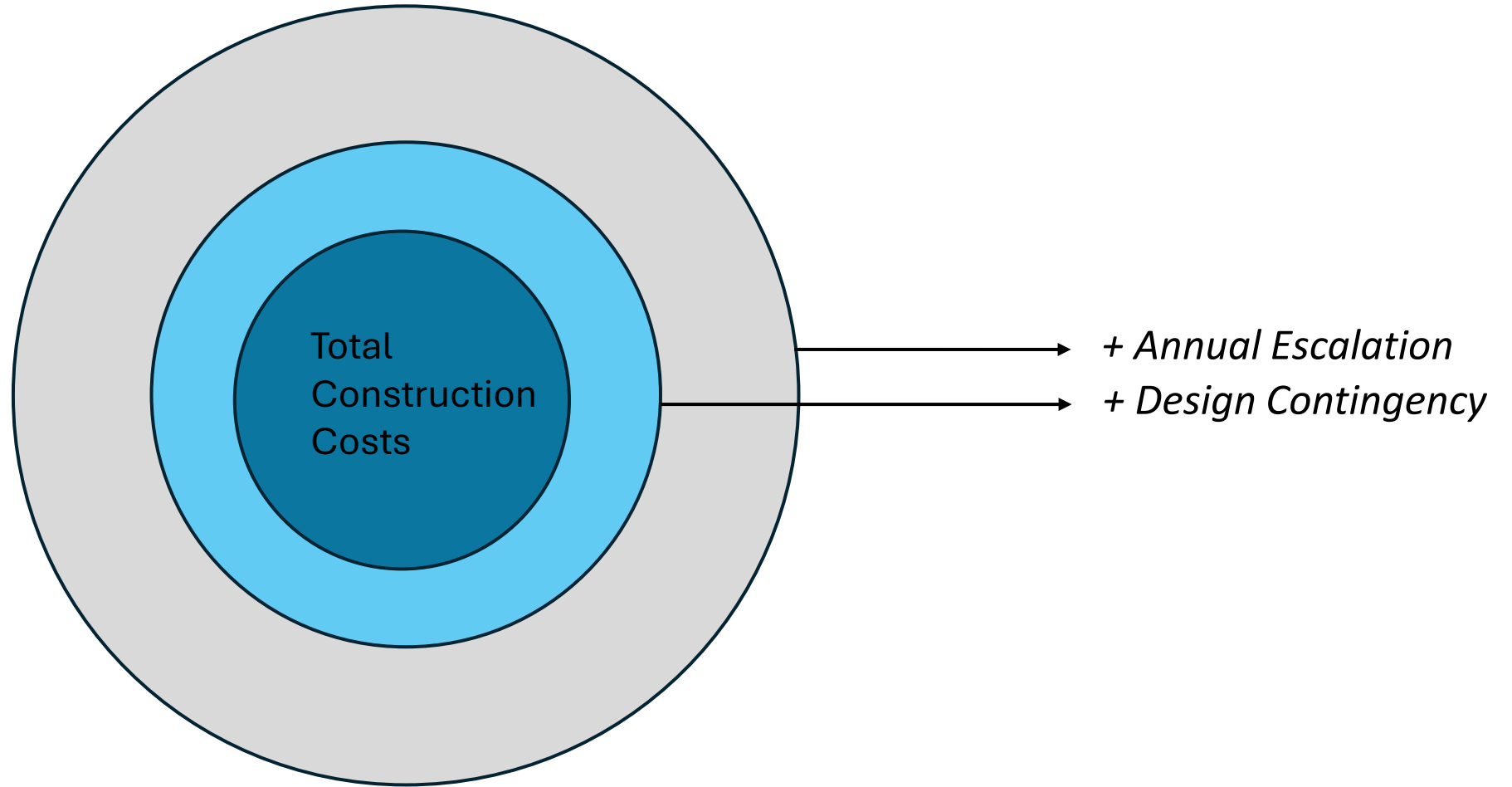
Total Construction Costs





Construction Project Costs

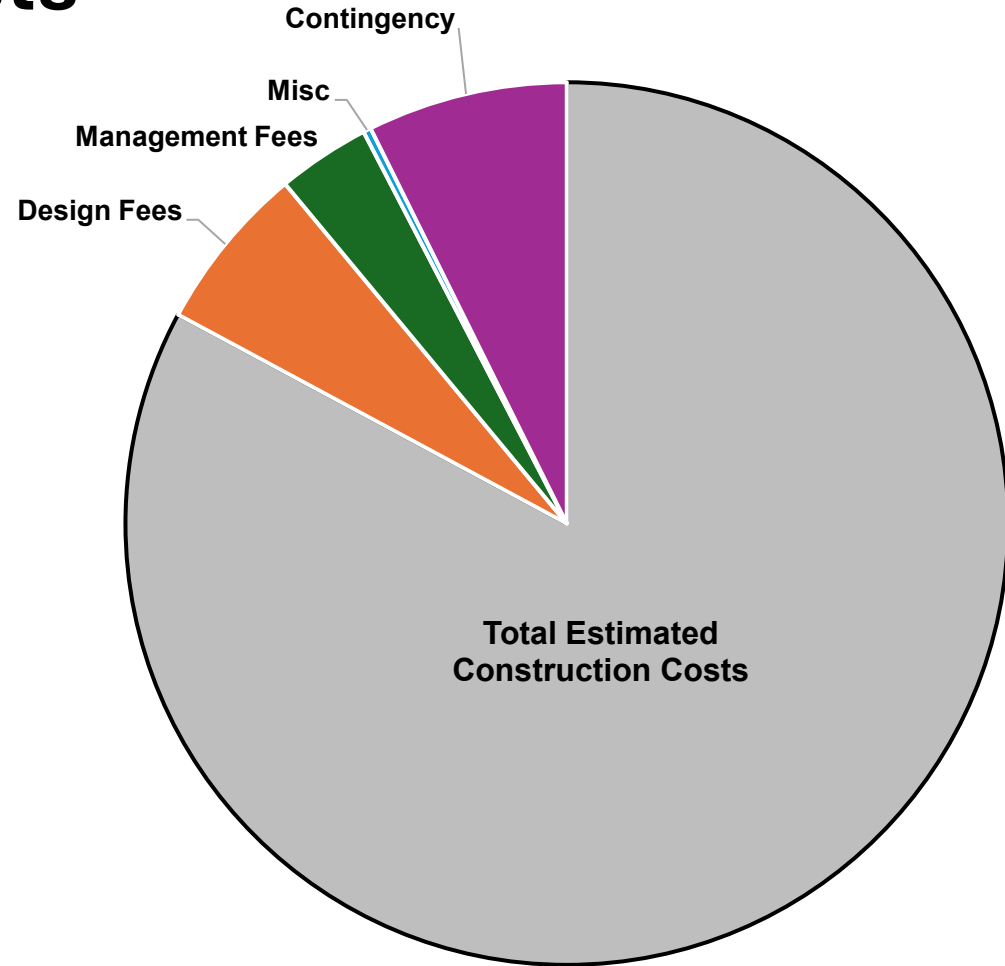
Estimated Construction Costs





Construction Project Costs

Total Project Costs



Total Estimated Project Costs



Comparative Project Cost Data

Total Project Costs



SIGNIFICANT VARIABLES



Global Cost Trends

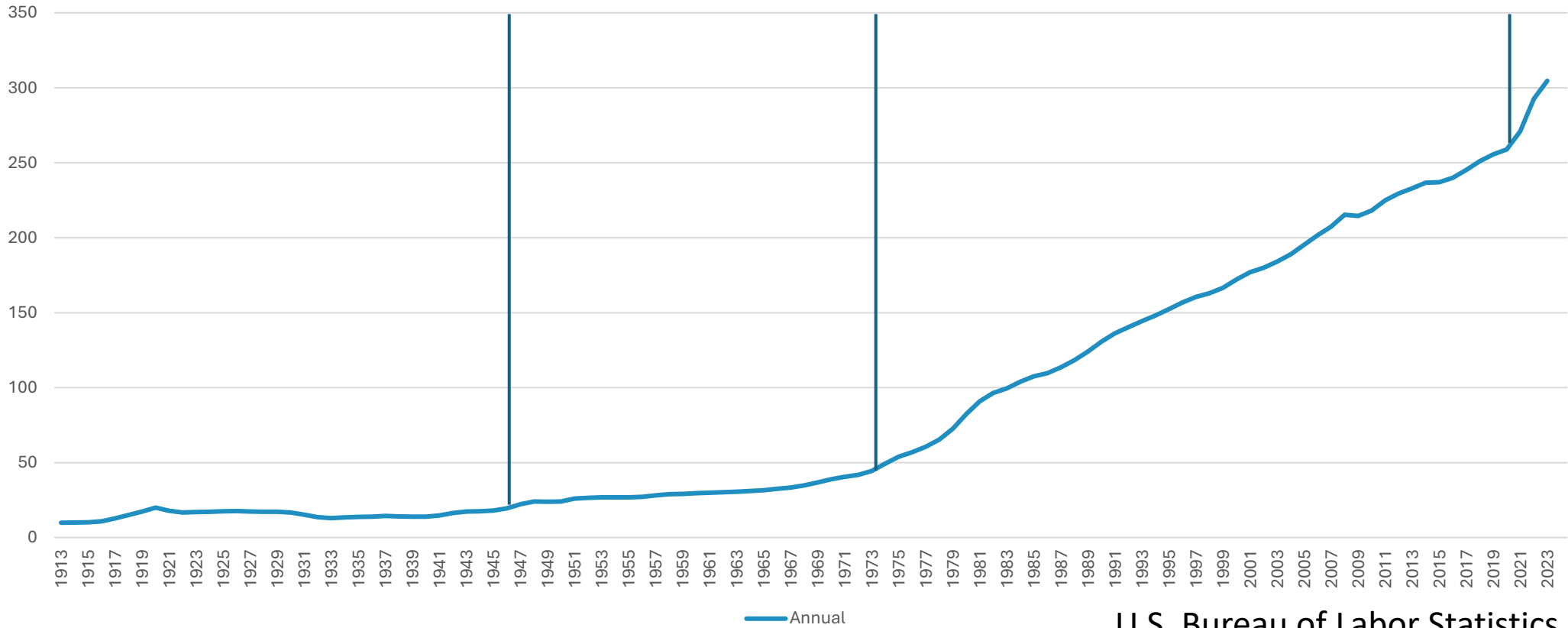
Consumer Price Index

Political Changes
(tariffs)

Natural Disasters
(fires)

Global Events
(COVID)

Inflation



U.S. Bureau of Labor Statistics



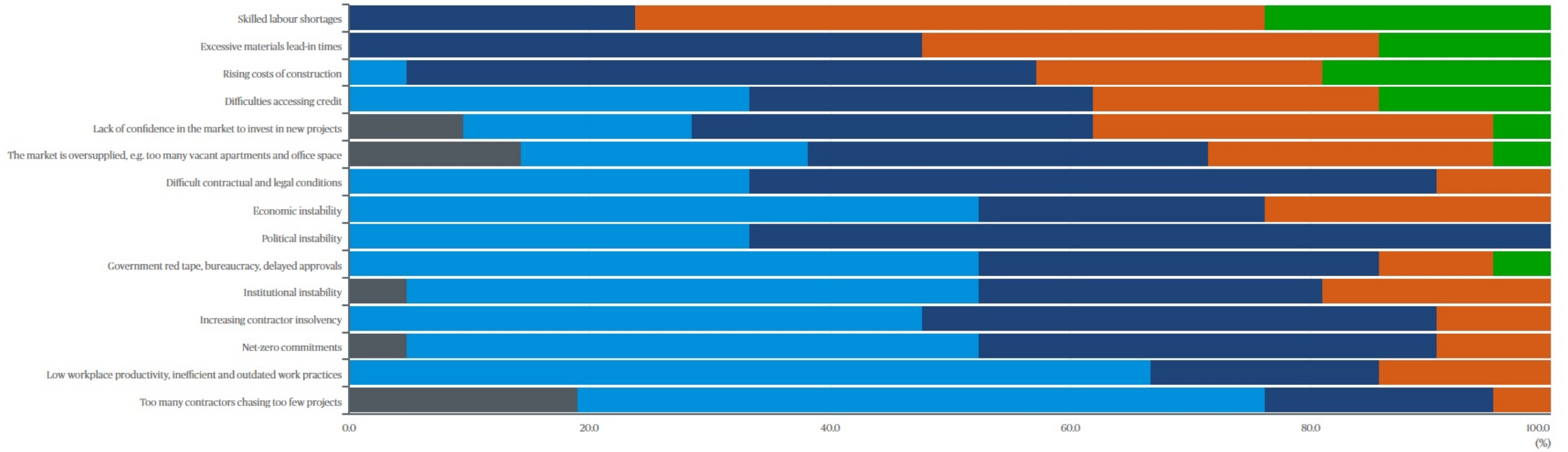
Regional Cost Trends

Labor Availability

Building Programs

Local Legislation

Little impact Fair impact Medium impact Large impact Major impact





Comparative Project Cost Data



International construction market survey

Explore >

Key highlights

55

markets are warm or hot

32

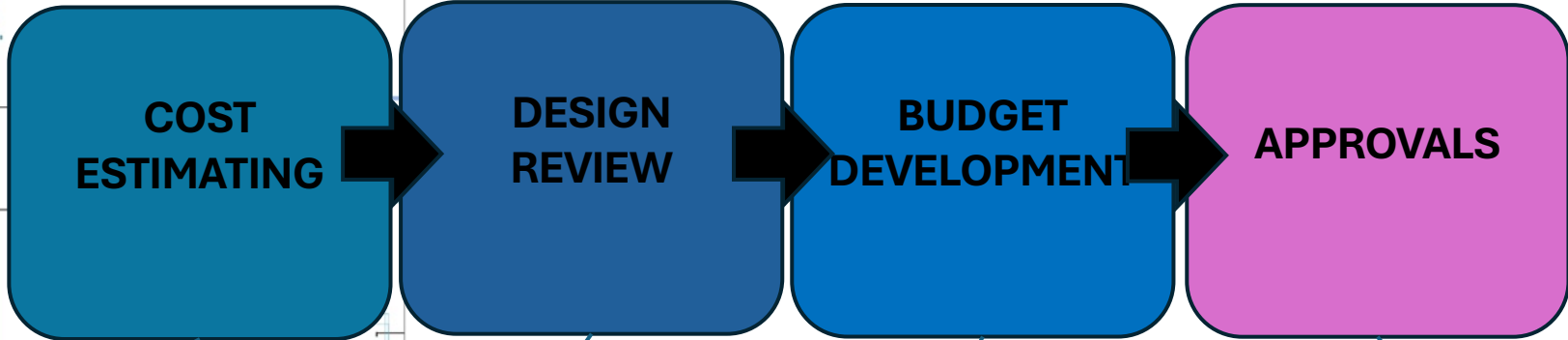
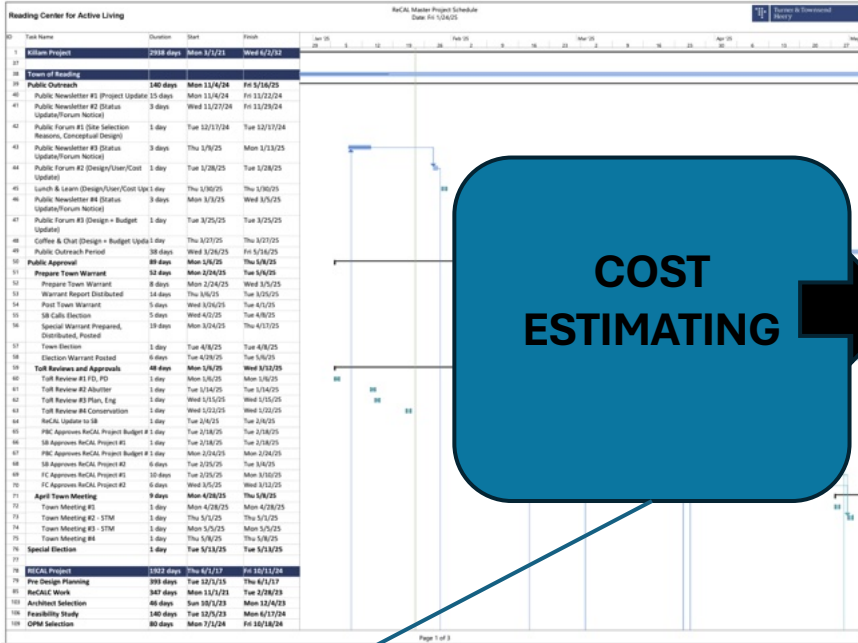
markets are set to warm up

20

markets are expecting lower construction cost inflation



Next Steps



- 01/31 Rough Estimates Complete
- 02/07 Reconciled Estimates Complete
- 02/17 Updated Estimates Complete

- 01/31 Design Comments Complete
- 02/14 Design Responses Complete

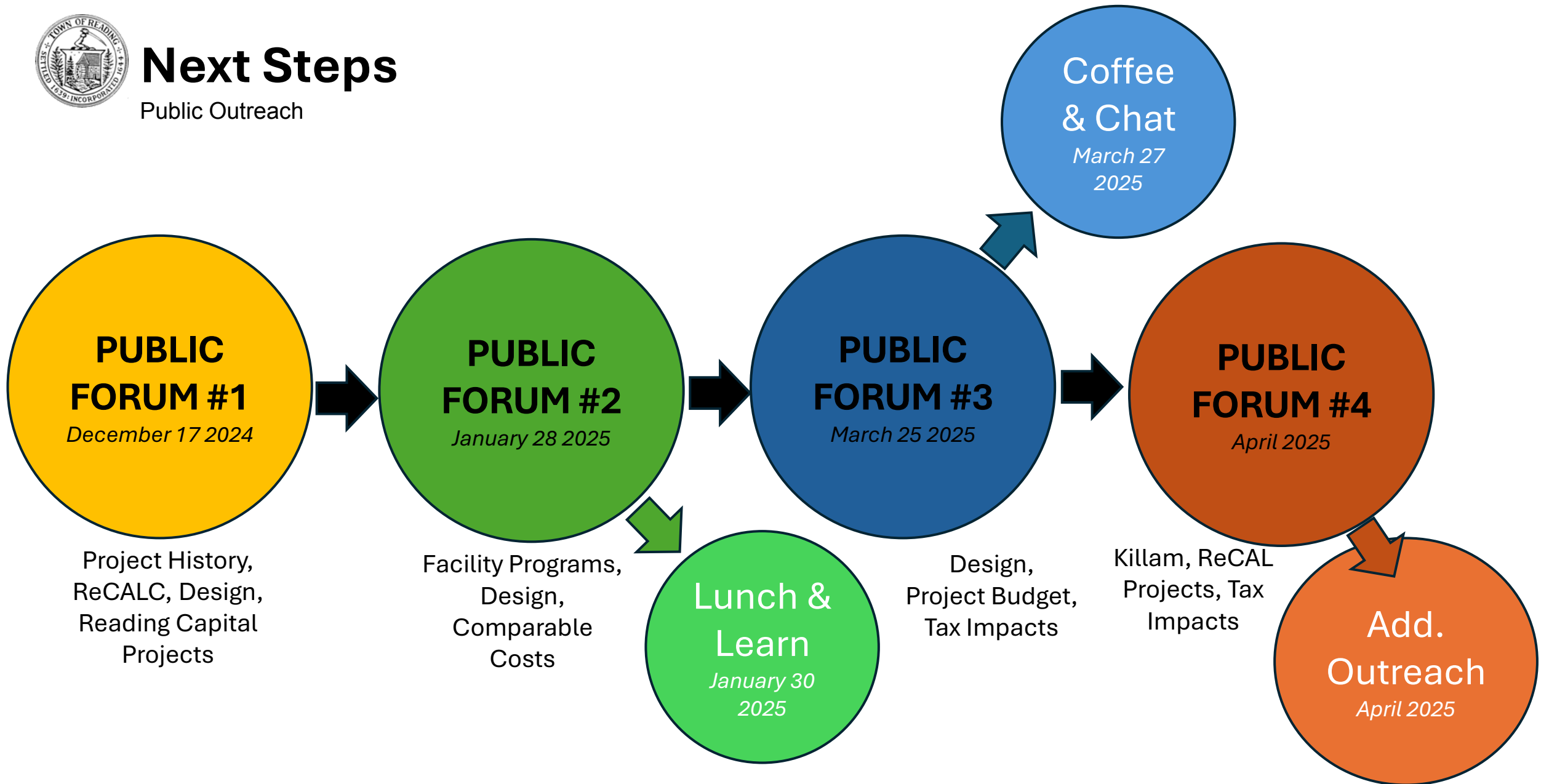
- 02/11 Draft Budget Complete
- 02/24 Final Budget Complete

- 02/18 Select Board Update
- 03/04 Select Board Vote
- 03/05 Finance Committee Update
- 03/12 Finance Committee Vote
- 05/01 Special Town Meeting
- 05/05 Special Town Meeting
- 05/13 Special Town Vote



Next Steps

Public Outreach



THANK YOU!

Q&A

