

## Senior Commission

### Sub-Committee Report: Recreational Programs for Aging Adults (50+ Adults)

Kris Olson & Chris Nagao, Chris Knopf

Kris and Chris N. met on February 12<sup>th</sup> to discuss different opportunities for additional programs for the 50+ adults. Subjects included preventative health, mindfulness, activities, etc. We also have access to resources who can provide speakers for these programs.

Kris and Chris K. met on February 13<sup>th</sup> to discuss opportunities for Aging Adult programs to be introduced into the Recreational Activities. Discussion also included the current guidelines, limitations and challenges of the city/Community Center and staff. Chris shared the current 50+ program brochure, and the Activity Guide. We did discuss how the cover of the upcoming Activity Guides could be more inviting for Adult 50+ to pick-up and open the Guide for activities geared for this age group. We also talked about the potential of adding additional free programs to the Adult 50+ catalog.

After the Senior Commission/City Council meeting 2/27/24 – it was clear that getting direction from the council would be optimal after the results of the survey and CAFÉ focus group have been finalized and analyzed. This brings up the question: Does it make sense to have Chris and Kris on this programs sub-committee at this time? Or should we postpone this sub-committee and participate in a different sub-committee TBD from the needs of the analysis of the information we receive from the AARP survey/CAFÉ focus group? Once having clearer goals from the community and the council, proceed forward. Please advise.