

Recreational Amenities Committee  
Senior Citizen Research Team Report  
Presented January 21, 2003  
Submitted by Alan Klein

Scope:

The task of this team was to utilize the resources of various government, university and private institutions to determine the current and future activities/facilities necessary to enrich the lives of all Sun City Anthem residents. Personal interviews were conducted with representatives of AARP; UNLV; City of Henderson; Del Webb/Pulte; and interested residents of our community. In addition, the Internet provided a vast amount of pertinent data from organizations such as the U.S. Department of Health and Human Services; Social Security Administration; Centers for Medicare and Medicaid Services; and the American Institute of Architects Design for Aging Center. An extensive report created by the Sun City Anthem FacilCost Group proved to be invaluable in our research.

Special thanks are extended to the following individuals for their expert contributions to our study:

Carla Sloan, Nevada State Director, AARP

Barbara A. Hirshorn, Director of the Center On Aging, UNLV

Rich Robles, Recreation Superintendent, City of Henderson

Melody Schreiber, Marketing Analyst, Nevada Area Operations, Pulte Homes

The following recommendations summarize the concepts and ideas derived from the above-mentioned sources:

1. Health and Fitness – A survey of mid-life and older adults indicates that they consider their health the most important aspect of their lives. Regular physical activity such as moderate exercising has a direct impact on maintaining good health. This type of activity, performed several days a week, has proven to reduce the risk of developing some of the leading causes of illness and death in the U.S. Consequently, the expansion of the fitness facilities has been recommended as the single most important recreational facility.
2. Multifunctional – It has been recommended that certain areas within the new recreational facilities should be designed to be utilized by numerous groups and activities. For example, an open area could be set up with chairs for a meeting and could also be used as a cardroom with the addition of tables the following day.

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3. Flexibility – The design of the facilities should provide the type of flexibility that could accommodate future low-cost changes to the buildings as the needs of the community might require. This could be accomplished by minimizing structural walls in favor of moveable walls such as those in the existing ballroom.
4. Volunteerism – To volunteer your services to an individual or organization not only provides help to those in need, but also provides a feeling of pride and accomplishment to the volunteer. This could become an activity many of our residents could participate in, and requires no additional room in the new facilities. The current volunteer activities conducted by the Women’s Club could be expanded to include additional projects.
5. Information Center – Organizations such as AARP, SSA, and the Centers for Medicare and Medicaid Services publish hundreds of booklets yearly which are pertinent to seniors. They cover a wide range of subjects, such as Social Security, Medicare, health, financial and travel. This data can be obtained free and made available to residents as required. Magazine racks mounted to walls would make the booklets visible and available, and would not require floor space.

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