

# PEMBROKE COMMUNITY CENTER SITE FEASIBILITY STUDY

FEBRUARY, 2020



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This study was commissioned by the Town of Pembroke to explore the feasibility of constructing a Community Center, combining Pembroke's Recreation Department with the Council on Aging's Senior Center. This facility will replace the current facility which no longer adequately serves the aging population in Pembroke.

Pembroke has a year-round population of 18,377 residents of whom 24% are currently age 60 or older. Data provided by the Town is that the senior population will continue to increase over the next 15 years. The Town's investment in a new Senior Center is an opportunity to promote Pembroke as an age-friendly community where residents can "age in place" and meet the expanding demand for services of Pembroke's growing community of seniors.

The Recreation Department serves all ages from youth to seniors, yet has inadequate space. A robust after school program fills a tremendous need within the town. Adult programs are limited, due to the lack of adequate space, including the basic component, a full-size gym. The Council on Aging, through the Senior Center, provides

Pembroke seniors with education, recreation, social services, transportation, and outreach programs. The mission of the Pembroke Council on Aging is to identify the unique needs and interests of their senior citizens and implement programs that will enhance the quality of life, independence, and physical and emotional well-being of a growing aging community. The entire community benefits when services are provided on a proactive basis resulting in fewer crisis demands on Town emergency services.

The challenge is to realize the beneficial synergies that are available with a Community Center approach. Efficiencies generated via not having to duplicate spaces and by sharing spaces that are conveniently used by these groups at different times. For about one third of the space of a typical senior center serving a community of Pembroke's size, the Council on Aging will gain a full-service Senior Center. The Recreation Department will likewise realize benefits in this shared arrangement.

The study investigated the existing Community Center site chosen by the Town. Floor plans, conceptual site plans, and building renderings were designed and a cost estimate was prepared for purpose of enabling Town officials and the public to make an informed decision about next steps for addressing the needs of the community. The proposed envisions our desire to meet broader community goals. By focusing community services adjacent to the library, a civic core is developed in the heart of Pembroke. The goal is to create density of use and activity that brings a "center" to Pembroke.

The design documents contained herein are preliminary, intended to articulate a working program, establish a building footprint, and to show sufficient detail for the cost estimates. The program and building footprint will require further development and/or refinement in the next phase of design. This development occurs through three subsequent stages: Schematic Design, Design Development, and Construction Documents.

The existing Community Center is an older building, not purpose-built to be a community center. While 41,715 square feet is large, it has much less usable area. Restroom facilities are inadequate. The gym is half-size with poor acoustics. When a game is ongoing, use of adjacent program spaces are compromised due to sound and vibration. The building has been studied over the years. Documentation of the deficiencies has been done by these previous studies and thus was not a part of the scope of this study.

For the purpose of this study, the Town determined that a total building of 40,000 square feet is required for Recreation, Seniors, Commission on Disabilities, Arts Festival storage, and the Community Christmas room. The efficiency of this program is that the Senior Center and Recreational Department both benefit by the “extra” space each brings to the program. For example, Senior direct access to a gym is rare but becoming a trend as the concept of a “Center for Active Living” gains in popularity with the new generation of seniors. This access to a wider range of services will serve Pembroke’s population for many years.

The Recreation Department program is built around a double-court gym, designed to equally serve boy and girl, adult and youth sporting programs with dividers to enable this mixing of events. Other rooms for the after school program, arts and crafts, games and conference space serve the theme of “mind, body, and socialization” that the community center will offer.

The building layout and parking requirements are relevant to determining site feasibility in as much as service access, drop-off, and ease of access from the parking lot

to the front door of the Community Center are key criteria. A Town-desired building layout that is used as the basis of design in this report is included in Section 6.

The site evaluation included review of public utilities, storm water drainage requirements, septic system requirements, parking, and permitting issues. Traffic impact of the Community Center was also considered.

The timeline for design and construction following a successful town meeting is approximately 30 months, not counting external factors that may cause delay. A key implementation item will be to find a temporary home for the Recreation Department during construction.

**Construction Cost Estimate and Estimated Operating Budget**

BH+A's cost consultant Daedalus (now CHA), prepared a feasibility level cost estimate. The estimate includes cost for construction of the building parking, sitework and any unique additional costs required by the project.

These construction costs were supplemented with utility company back charges, design fees, owner’s project manager costs, and other soft costs to arrive at a total project cost which is brought to Town Meeting.

The estimated cost of construction based on a start of construction in January of 2021 is \$20,000,000. Adding in soft costs related to the project as well as an “owners” contingency brings the total project cost to \$23,100,800.

Upon review of the cost estimate by the working group, revisions to the building program and area were made

to bring the cost in line with group expectations. The Total Project Cost Calculation table reflects these efforts and has resulted in a total project reduction which supersedes the CHA estimate on the following pages.

**Findings**

The study found that the site will physically accommodate a Senior Center and the required parking.

**SECTION 1**  
**METHODOLOGY**



The following steps were undertaken in completion of the feasibility study.

1. **Space Program:** Undertook tours of existing facilities and meetings with the Recreation Department, Senior Center staff, Library, Food Pantry and Community Center Task Force. Met in public forum and before the Board of Selectmen to solicit input as to the overall direction of the study.
2. **Site Plan Analysis:** Developed a schematic site plan and building layout along with a summary of the site plan conditions and the approximate number of vehicular parking spaces at each site.
3. **Conformance with Regulations:** Analyzed the site plan for conformance with the requirements of the Pembroke Planning Board Site Plan Review and the town's water and sewer requirements.
4. **Community Context:** Identified the sit characteristics relative to their surrounding neighborhood, accompanied by photographs of surrounding buildings, features, and landscapes, that provided an understanding of the physical context of the site.
5. **Program of Uses and Parking Requirements:** A space allocation program for the building was prepared allowing for a room-by-room occupancy to be created. This will lead to a use based parking program that was compared to the requirements of the Zoning By-Laws. Overflow parking needs are to be identified to reduce the amount of paved surface area. Pare Corporation provided independent analysis of these findings.
6. **Schematic Design:** Prepared additional drawings of the proposed building showing interior plan layouts and exterior appearance.
7. **Utility and Traffic Analysis:** A civil engineering report of the existing utility infrastructure, discussion of civil engineering (site) conditions and a preliminary traffic review of the sites.
8. **Permits & Approvals:** Identify applicable permits required for the proposed construction.
9. **Cost:** Prepare a design cost estimate for each site proposed. The estimate shall include hard construction costs as well as soft costs such as engineering fees, testing, legal, inspection services, and FF&E. The final design cost estimate will establish the project budget. These are presented in a comparative manner.
10. **Present Data:** Meet with the Pembroke Community Center Committee, Council on Aging, and Recreation Department departments heads, and the Pembroke Historical Commission and the Board of Selectmen to review the design plans and cost estimates.



**SECTION 2**  
**PROGRAM**  
**CONCEPTUAL DESIGN**



### PROGRAM

The program can be informed by interviews with staff, review of program offerings, and deficiencies in the existing buildings.

Compared to communities of similar size and selected communities nearby, the size of the existing Pembroke Senior Center is small. Restrictions on the number and variety of programs that can be offered due to physical space limitations serve as a disincentive for many residents to participate.

Residents and town leaders agree that responding to the growing older population is important. Offices and organizations throughout Pembroke are affected by the shifting demographic profile of the community. Working together across offices and organizations is seen as a priority in addressing increased demand for services. Establishing improved space for Council on Aging activities and services is recognized as a priority for the community.

Town requirements for the Community Center program included the following criteria:

- The proposed facility must provide for efficient operations and administrative layout.
- Areas to be considered and provided for include, but are not limited to, areas for social gathering, library, reception, classrooms, kitchen, work area operations flow, noise suppression, energy efficiency, low maintenance, administrative meeting areas (including provision for storage), and parking.

- The design process will emphasize cost effective concepts consistent with code, regulation, and professional standard for public facilities.
- In addition, the design should be flexible to allow for future program modifications.
- Design and materials concepts and cost estimates are to consider minimizing life-cycle costs.

### Why bring all these departments into one building?

The mission statements are closely aligned and form a symbiotic use beyond the space efficiency offered by co-locating these two departments.

#### **Council on Aging Mission Statement:**

Communicate with and care for the seniors in our community. Open and stimulate minds through programs and activities. Act together to make senior years interesting and enjoyable.

#### **The Pembroke Recreation Commission**

strives to provide exceptional and creative programs, services and facilities that foster community spirit and involvement while serving the physical and social needs of all the residents.

### PROGRAM SPACES

The existing Recreation Commission and Council on Aging both reside in separate outdated facilities. Bringing the two community programs together in a shared facility benefits both functions by providing new, organizationally programmed spaces for each, and shared space for both, creating an efficient facility where all residents of Pembroke can take advantage of the multitude of programs offered.

#### **Entry to the Community Center**

There are three entrances to the Pembroke Community Center, focusing visitors to reception, offices, and various activity destinations. The Council on Aging program has its own dedicated entry on the west side, adjacent to the Town Green. The main drop-off entry is located on the south side, and the event and afterschool drop-off entry is located on the west side adjacent to the parking lot, where busses can pull in and offload school children. All three entrances bring people directly into the lobby area where the reception desk serves as welcoming, wayfinding, and facility monitoring with elevator access to the upper level.

#### **Council on Aging (COA)**

Through discussions with COA leadership, the Senior Center is separated from the Community Center to provide seniors with their own dedicated area for gathering, socializing, participating in programs, seeking information and guidance, etc. As seniors enter the foyer, they are greeted at their own reception desk where they may check in for their classes, programs, or events. COA offices are arranged in a suite, directly adjacent to reception, where the Director, Transportation Coordinator,

## PROGRAM AND CONCEPTUAL DESIGN

Outreach, and S.H.I.N.E. offer community-wide services to the senior population. The Director's two assistants work in an open office, and the COA file room holds 23 vertical four-drawer file cabinets.

A conference room adjacent to the entry looks out onto the Town Green and provides both COA and seniors use for meetings and private discussions directly off the foyer. The foyer also leads to the lounge, designed as a quiet reading room with Town Green views as well as direct access to the outdoor pergola where relaxing chairs can be enjoyed. The pergola extends across the west side of the building providing exclusive viewing of festivals and events held on the Town Green.

Just off the foyer is the Senior's Café where a self-service coffee bar with sink is located providing another gathering place for meeting friends, having a party, relaxing, and looking out through the large windows across the Town Green. There are individual, fully accessible men's and women's restrooms in the Café, as well as a coat closet for their use.

The COA also shares the large multipurpose room and kitchen on the main level, with elevator access to the upper level nurse/health office, professional office, and the arts and crafts/computer technology space. Additionally, COA shares several large program spaces on the upper level including wellness, game, activity, and the walking track in the gym.

### **Recreation Department; Main Entry from the South**

From the main south entrance, the reception desk in the Lobby provides check-in, sign-up, programs assistance, as well as access to the Recreation Department offices. Connected by an open work area for volunteers, the Executive Director and Assistant Director's offices are accessed, providing a compact, efficient point of operations for the center. Across from the reception desk is a coat closet along with cubbies for after-school children's backpacks.

The Lobby connects the front offices with the core restroom facilities, Office of Disability, and a café lounge area just outside the gymnasium. The Lobby also connects the seniors to the Multipurpose Room and Kitchen, for senior dining, community meetings, and is the main corridor linking registration/check-in with access to all programs for all users, leading directly to the gym.

Fully accessible restroom facilities include lockers and showers to support the various athletic activities at the center. It is recognized that many users of the sports and exercise programs will return home to shower, reducing the shower requirement. Staff have their own lockable restroom here, and a Companion restroom is provided as well.

### **Recreation Department; Drop-off and Parking**

Parking and bus drop-off occur on the east, or rear side of the Center, with the entry leading directly to the reception desk and cubbies. It is expected this entrance will be the primary point of access to the facility for organized events, including basketball, pickleball, exercise programs, as

well as for after school programs. Adjacent to the east entrance is the Food Pantry access.

### **Food Pantry**

The Food Pantry is a growing, active community service providing assistance to those in need. It operates independently from the Recreational and Senior Center, with its layout organized around the existing process established and managed by Mr. Billy Ferguson. A waiting area for ten people leads to the check-in desk. The dry goods are on open shelving around the perimeter of the room, along with two refrigerators and one freezer, where volunteers retrieve items requested by recipients and collect everything at two tables in the center of the room. A large storage room with shelving and floor space for pallets is provided, along with a private restroom. The pantry is also accessed from the Lobby, allowing Community Center staff to provide assistance as necessary.

### **Multipurpose Room**

One of the large program spaces at the community center is the Multipurpose Room. This room may be sub-divided with a movable partition to accommodate multiple smaller functions, and serves as a large meeting room for approximately 168 chairs, or 32 tables with seating for 192. Senior meals for about 100–120 people are prepared in the adjacent commercial kitchen and served in the Multipurpose Room. A temporary stage may be set up for arts performances, and is stored with tables and chairs in the large closets provided. Large windows allow natural light into the space.

### **Kitchen**

Meals on Wheels is a service provided through Council on Aging where meals are prepared and distributed to residents from the Community Center kitchen. Van loading and unloading occur on the east side of the building, directly with the kitchen to facilitate this program. A small walk-in cooler is incorporated along with commercial cooking appliances, counter workspace, upper and lower cabinets, and a large central island. The kitchen can be utilized for Center programs including high school cooking classes, cooking for one, etc. as well as the potential to provide prepared snacks to the Café Lounge area just outside the gym.

### **Arts Festival and Community Christmas Storage**

Pembroke holds an annual arts festival on the Town Green, requiring a large storage facility on site. The festival storage room opens directly to the Green, providing easy access for setup and knock-down of all festival items. Behind the festival storage is the Community Christmas Storage room, accessed off the lobby by the Café. This room houses decorations, as well as clothing and other donations distributed by the Center at various times of the year.

### **Gymnasium: The Core Program Element**

Pembroke's current gym is inadequate for the growing population and active youth sports programs. The gym as designed provides a two-plus-one court configuration, with two side-by-side courts for boys and girls, children and adults, basketball, volleyball, street hockey, and pickleball, on a wood court floor. A main court with wall-mounted pull-out bleachers gives the Recreation Department a venue for sports events. The courts can be subdivided by

curtains for multiple activities ongoing simultaneously and backboards can be raised out of the way and lowered for use as needed. Large horizontal sliding barn doors at each end open the gym to the outdoors, giving both visual and physical access to the ball fields across the east parking lot, and opening onto the expanded Green through the portico. Storage rooms are provided along the north wall, with outside access for equipment and supplies. Upper level windows on three sides and roof skylights provide natural light.

The upper level three-lane walking track with a rubber floor surface loops around the perimeter of the gym and is accessed by stair and elevator. A warm-up area with cubbies is just inside the second level entry. Off the walking track on the west side are a pair of doors leading to an outdoor deck over the portico, accessed by Community Center personnel for use during events.

### **Upper Level Program Areas**

From the elevator or open stair, the upper-level large program areas are organized along the corridor, linking to the walking track in the gym. These program spaces are designed to be utilized through the internal programming of the community center as well as outside groups, such as Girl Scouts, Boy Scouts, and other organizations. The Game Room at the southwest corner will typically have a pool table, a ping pong table, and chairs and tables for other board and card games. A large storage room for table and chairs provides flexibility in use. An acoustical wall separates the game room from adjacent health/nurse and professional office. The COA Program Coordination office including program workstations, storage, and building IT closet is located next to the nurse's and

professional offices. The program space in the southeast corner serves many uses, from after school activities, homework study areas, meetings, etc. and has a large storage area for tables, chairs, and equipment as needed. The Arts & Crafts, Computers, Technology, Maker Room has equipment and supply closets on two walls for art supplies, computer storage, etc. This shared space is used by the COA as well as the Recreation Department for community programs to promote intellectual stimulation, learning, and personal growth. Another large activity room with its own large storage is a versatile space for after school study or computer learning.

Fully accessible restrooms are provided off the main corridor as part of the building core services, including electrical rooms, elevator machine room, mechanical room, and sprinkler room.

### **Wellness and Exercise**

Adjacent to the gym's walking track at the north end of the corridor is the Wellness and Exercise Room for healthy active living for various age groups, designed with a sprung wood floor as a movement studio, yoga and aerobics studio, workout, meditation and more, through structured classes. Storage for mats, weights, and equipment is provided. Windows across the west wall provide natural light into the space.

## PROGRAM AND CONCEPTUAL DESIGN

### Design for the Budget, Growth, and Trends

Accommodating future requirements is not an easy task. UMass Boston has prepared many senior center reports and makes the following suggestions for what may be provided in future program:

- Recognize that the demand for COA services and programs in general will increase in the future. The community will see steady increase in the number of older residents moving forward. A large share of older adults who do not currently use COA programs and services indicate they are likely to do so in the future. All evidence points to expanded demand for COA services and programs.
- Priority should be placed on creating a facility that has sufficient adjacent space for multiple activities to occur simultaneously. Multi-purpose and flexible spaces are needed to accommodate the diversity of interests reflected across senior cohorts; additionally, as new cohorts of residents become engaged in COA activities, program offerings will evolve in turn.
- Connecting residents to services and helping them enroll is an important activity of the COA. To meet this mission, private spaces for confidential conversations about support needs are required. Adequate parking and accessibility features are essential in any facility to be developed.
- An improved facility is likely to result in growing demand not only among newly eligible residents, but also among those who have been discouraged from participation in the past due to limitations in

programming, space, or access. Survey results suggest that features of the current building and parking are disincentives to participation among some community members. Improved space and expanded programming will yield expanded participation.

### Parking Program

Parking requirements are discussed by Pare Engineering in a Section 5 of this report. Parking needs are determined in a number of ways. First, the requirements of the Pembroke zoning by-laws are a benchmark which in this case “under park” the facility. Second, occupancy per room and for the building is projected for a typical day and for a special event (holiday lunch, lecture, movie). This occupancy is then converted into vehicle use. Third, parking data from other communities is reviewed. Merrill Engineers and Land Surveyors, often used by the Town of Pembroke, determined parking requirements based on area per person, as outlined in their report shown in Section 4 of this report. Their count closely corroborates Pare’s determination.

The parking solution needs to accommodate cars as well as vans and other types of vehicles. The demand for COA-provided transportation services is likely to increase steadily. As the population continues to age, alternatives to self-driving are increasingly sought out. Given the lack of public transportation options in the area, COA services will experience high demand.

The parking program is further refined for day-to-day and peak use versus overflow use. The adjacent parking lots, when coordinated, can offer surge capacity for special events. Overflow may occur a few times a year. The goal is

to reduce excessive amounts of paved area on the project, reducing the construction cost and the heat island effect that an empty parking lot creates.

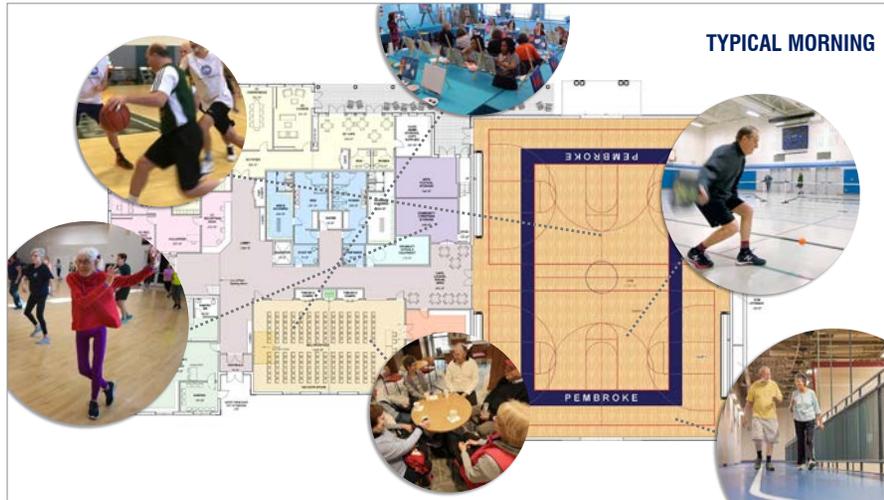
### Site Program

The Pembroke Community Center has specific site requirements. The Arts Festival uses the Town Green for their 55 consecutive summer events. Access to the gym will provide contingency for weather events. Considerable storage is required for all of the events. A winter hay ride around the site is accommodated with a sufficiently wide path in front of the building. The after school and summer recreation programs use certain basketball courts and, if it is envisioned, they may use fields at the rear of the Community Center. Other outdoor events on the Green that were discussed include summer gatherings, bandstand performances, and possibly ice skating. A place for a holiday tree was desired.

### Time of Use

In general, seniors tend to use the Community Center facility from morning to mid-afternoon. Youth tend to use the Center after school, while the adult user will generally be there early before or late after work. There are exceptions that will have to be scheduled around. These include school vacation weeks, summer camp use, and the increasing need for certain informational aspects to be available to working seniors at later hours or on the weekend. On a typical day/season, the range of use by time may be as shown on the following page.

These images show how rooms are used by different groups at different times of the day.



# PROGRAM AND CONCEPTUAL DESIGN

## Space Needs Program

Community Center with Senior Center		
	Community Center Shared Spaces	Community Center Dedicated Senior Center Spaces
<b>Lobby/Reception</b>		
Lobby / Reception & Information Area	142	405
Entry Vestibule (air lock)	134	69
Lobby Coat Room	46	48
Café, Lounge, Social Area		409
<b>Senior Center Administrative Offices</b>		
Reception Desk / Receptionist & Volunteer		105
Executive Director office		181
Administrative Assistant		271
SHINE Office		182
Outreach Coordinator office (similar to social worker)		140
Transportation Coordinator workstation or office		90
Volunteer/Professional Office		152
Program Coordinator workstation		282
Professional Office		152
Health Office/Nurses		233
Waiting Area for offices or nurse		143
Staff storage/kitchenette/File Room		211
Administrative Storage, Copy & Supplies		103
<b>Program Spaces</b>		
Senior Lounge Area		785
Conference Room		268
Multi-Purpose Room	1,945	-
Program Storage	84	-
<b>Program Room: General</b>		
Program Room: General	467	-
Program Room Storage	49	-
Program Room: Arts & Crafts, technology/maker space		957
Arts & Crafts storage		80
Wellness Center: Exercise Class Area	1,000	-
Exercise Storage	169	-
Activity Space aka "games room"	818	-
Storage	80	-
<b>Food Service</b>		
Kitchen	430	
Snack Bar Concession Area to gym or lobby		
Pantry Storage	55	
Walk in Cooler/Freezer	70	
Loading / Receiving / Storage	66	
Café off of kitchen	409	
<b>Restrooms</b>		
Women's Restroom	242	-
Men's Restroom	244	-
Men's single user Restroom		68
Women's single user Restroom		69
Companion Restroom/ Staff	74	-
Staff Restroom		-
<b>Support Spaces</b>		
Mechanical / Electrical / Sprinkler	332	-
Disabilities Office, Medical & Health Equipment Storage	81	-
Veterans Affairs		
Custodian	39	-
Community Christmas Room		
Arts Festival Storage		
<b>Food Pantry</b>		
Pantry Room		
Pantry Waiting Area		
Pantry Storage		
Pantry Restroom		
Total Net Area	6,976	5,403
Grossing Factor	1.13	1.13
<b>Total Gross Area Shared &amp; Senior Spaces</b>	<b>7,911</b>	<b>6,105</b>

library is next door to community c

shared with CC

shared with CC

shared with CC

50 sf for each program room

shared with CC

dedicated

dedicated

shared with CC

area to be verified

area to be verified

Community Center with Senior Center	
Community Center Shared Spaces	Community Center Dedicated Senior Center Spaces
<b>Recreation Department Administrative Offices</b>	
Reception Desk / Receptionist	142
Recreation Director office	225
Assistant Director's office	194
Program Coordinator/Part Time Workstation	247
Program Coordinator workstation	
Administrative Storage, Copy & Supplies	52
<b>Program Spaces</b>	
Gymnasium (double court)	10,829
Gym Storage	below track
Track above Gym	2,959
Warm up / cubby lockers	197
Arts & Crafts / Maker Space	
Arts & Crafts Storage Room	
<b>Support Spaces</b>	
Men's Shower & Lockers	254
Women's Shower & Lockers	271
Second Floor Men's Restroom	244
Second Floor Women's Restroom	242
IT & AV Closet	80
Additional Mechanical Room Space	200
Stair 1 (area counted for 2 levels)	186
Stair 2 (area counted for 2 levels)	137
Lobby Stair (area counted for 2 levels)	119
Elevator & Elevator Machine Room	128
Total Net Area	16,706
Grossing Factor	1.15
<b>Total Gross Area Rec Dept</b>	<b>19,224</b>
<b>SUMMARY</b>	
<b>Community Center &amp; Senior Center Gross Area</b>	<b>33,240</b>

this is a larger double court gym

grossing factor reduced for gym & track

**The following notes are from a meeting with Gretchen Emmetts and Joe Ryan, Director of the Pembroke Council on Aging, December 3, 2019 to review draft floor plans of the proposed Community/Senior Center.**

### **DISCUSSION OF DRAFT FLOOR PLANS**

1. The kitchen should be commercial type suitable for serving lunch to 150 people once per week.
2. The multi-purpose room should be adjacent to the kitchen for serving meals. GE suggested flipping the MPR and toilet/locker locations.
3. A dedicated Senior Center kitchen is not needed.
4. Plan for outdoor pickleball courts in addition to any indoor courts.
5. Nurse's office should have a sink.
6. Veterans Affairs office needs space for two desks and file cabinets.
7. Council on Aging needs its own admin suite with separate entrance that can be locked.
8. Flip locations of Transportation and Outreach offices as shown in current plan.
9. COA suite should include S.H.I.N.E. office, possibly in current Conference Room location.
10. Lounge space near entrance can be smaller, maybe 400 square feet.
11. The COA will need a secure file storage room.
12. Senior Center dining area not needed.
13. Meals on Wheels needs pickup area (as shown).
14. Food Pantry as shown is about half the size of the existing food pantry, which is already at capacity. The food pantry may be able to be enlarged and remain part of the Community Center program but will not be able to be made large enough for future expansion.

## PROGRAM AND CONCEPTUAL DESIGN

The following notes are from a meeting with Susan Shea, Director of the Pembroke Senior Center, August 9, 2019. They are generally transcribed in the order they were noted and the results are organized and tabulated in the “Space Needs Program.”

### GENERAL TOPICS

1. A goal is to attract the younger seniors who do not frequent the existing Senior Center
2. The younger seniors could help with those in their seventies, eighties, or nineties
3. Current exercise programs focus on
  - a. Balance issues
  - b. Tai Chi
  - c. Chair yoga
  - d. Zumba
4. The non-exercise programs offered are geared to the older population such as bingo, knitting, and quilting.
5. The Director in part considers that the current 60- and 70-year-old Pembroke seniors are busy working, playing golf, travelling, or are busy with grandchildren and don't want to have anything to do with a “Senior Center.”
6. A newer and nicer facility could be beneficial although there is an attraction to the existing building. It was a school and library in previous iterations and it is like a second home to a small group of seniors that currently use it. While the deficiencies are well chronicled, there is a sense of making do with what they have.

7. The existing group would like to undertake a few renovations of the existing building and they are concerned that focus on the Community Center will mean that the renovations they need (even short term) will not be funded.
8. Having access to a gym and a recreation room with equipment for seniors could be helpful to expanding PT and OT classes.
9. The Meals on Wheels program works out of the kitchen. They package and deliver meals.
10. There is a congregate meals program at the building although only five to seven people participate in it.
11. There is a single-stall restroom and they are planning on a second restroom.
12. They are also planning on a conference room.
13. They would like to offer a “memory café” program.

### STAFF

1. Director
2. There is a part-time outreach (social) worker on staff (19 hours per week). She calls and checks on seniors in town who have signed up for this service.
3. There is a part-time transportation coordinator also for 19 hours per week. This position needs a private office or area as they deal with sensitive issues.

## PROGRAM AND CONCEPTUAL DESIGN

4. There is a S.H.I.N.E. volunteer who provides insurance assistance to seniors and will be at the Center on demand.
5. There is a morning clerk and an afternoon clerk. The morning clerk handles billing for transportation and keeping the newsletter up to date. The afternoon clerk assists as the volunteer coordinator, the tax work-off program, and special events.
6. There is generally a volunteer at the information desk who takes phone calls, does some computer work, and keeps the public from walking directly into the working offices of the director and others. This position could be a tax work-off position (i.e., work in lieu of some property tax payments).
7. The Senior Center is in need of volunteers.
8. There is an assistant outreach staff working 19 hours per week who is paid under a formula grant program, not Town funds.
9. The custodian works 10 hours per week and is shared with the Library.
10. They have an Attorney who comes in one time per month.
11. There is not a formal Program Coordinator position. This function is handled by the afternoon clerk and the Director.

**ROOMS & SPACES**

1. They need one or two small conference rooms to house up to four people at a time that are soundproof for various types of confidential counseling and discussions.
2. Some of the programs offered by the staff are typical of senior centers in Massachusetts and include fuel assistance, housing assistance, food assistance, and family consulting.
3. The staff are well-versed in getting out into the Pembroke population that don't necessarily use the Senior Center. They go out into the field to build relationships.
4. The Director is finding that there is more of a need to provide money management and bill payment assistance as there is evidence in many of their site visits of bills accumulating. There is also concern among seniors about tax preparation.
5. In the field, they run into those who hoard items and create unsafe living conditions.
6. The custodial closet is too small and the custodial sink is in the restroom creating an accessibility issue for the disabled user (not enough clearance at sink).
7. The staff restroom is off of the kitchen which is not a good location. Some users want to use this restroom and it creates conflicts in the kitchen.
8. There is no food pantry on site. The pantry is on Route 27, about a half mile from the Senior Center. They will do food pantry deliveries. Currently about 10 housebound seniors are in the food pantry program.
9. There are past-due bread deliveries made to the Senior Center for people to take. They get quite a bit of this.
10. There is no formal Arts and Crafts program but they would like a room so that they could offer these programs. They could use the multi-purpose room if there was sufficient crafts storage off of it.
11. Socializing currently occurs in the "big room" because the lobby space is awkward. The coffee bar is not useable nor used. The "way that the lobby is configured doesn't work."
12. Despite the fact that the library is next door, they like having the free book rack in the lobby.
13. Kitchen
  - a. There are three refrigerators needed in the kitchen. One is for the Old Colony Meals on Wheels program.
  - b. They need a "wall of storage" and to be able to keep the kitchen or certain cabinets locked as there are many incidents of people taking items from the kitchen.
  - c. They would like a storage room "outside" or accessible to off-hour deliveries where items can be left without entering the Senior Center.

## PROGRAM AND CONCEPTUAL DESIGN

**The following notes are transcribed from a conversation with the Pembroke Librarian from June 12, 2019, regarding how the library is currently used. With the current location, the Library is looking to expand and adapt its layout and does not see any need to incorporate programming in a potential new Community Center (given that they will be next door).**

1. The Library is a newer building and has some multi-purpose and conference rooms for general use.
2. Some programming is provided at the Library that otherwise might be by the Recreation Department due to space limitations at the existing Community Center. One such program is the yoga class offered Wednesday between September and June.
3. Other structured programs include a trivia night, a craft room, and a Lego club.
4. The library hosts teen programs on Thursday evenings.
5. There is a Teen Lounge which is a quiet study area. It is not a hang-out space.
6. The young adult space in general is undersized in the library. Use of the large center reading room stack space is limited due to noise.
7. The middle school students are looking for a place to go where there is not constant adult supervision.
8. Thus, the goal of the Librarian is to expand the Library in the children's, youth, and young adult program areas.

9. There are not enough senior programs being offered.
10. There is one afternoon movie per week offered for seniors.
11. There is a knitting and crochet program meeting in the Library twice per month.
12. The Library hosts an afternoon crafts program.
13. They would like to host classes for technology (computer and other use).
14. They would like to have an adult component of the typical school "summer reading" program.
14. 500 kids sign up for the summer reading program, about 100 of them are teens.

The program can also rely on additional volunteers to operate the larger space. Volunteerism is a good methodology for involving seniors with the Senior Center

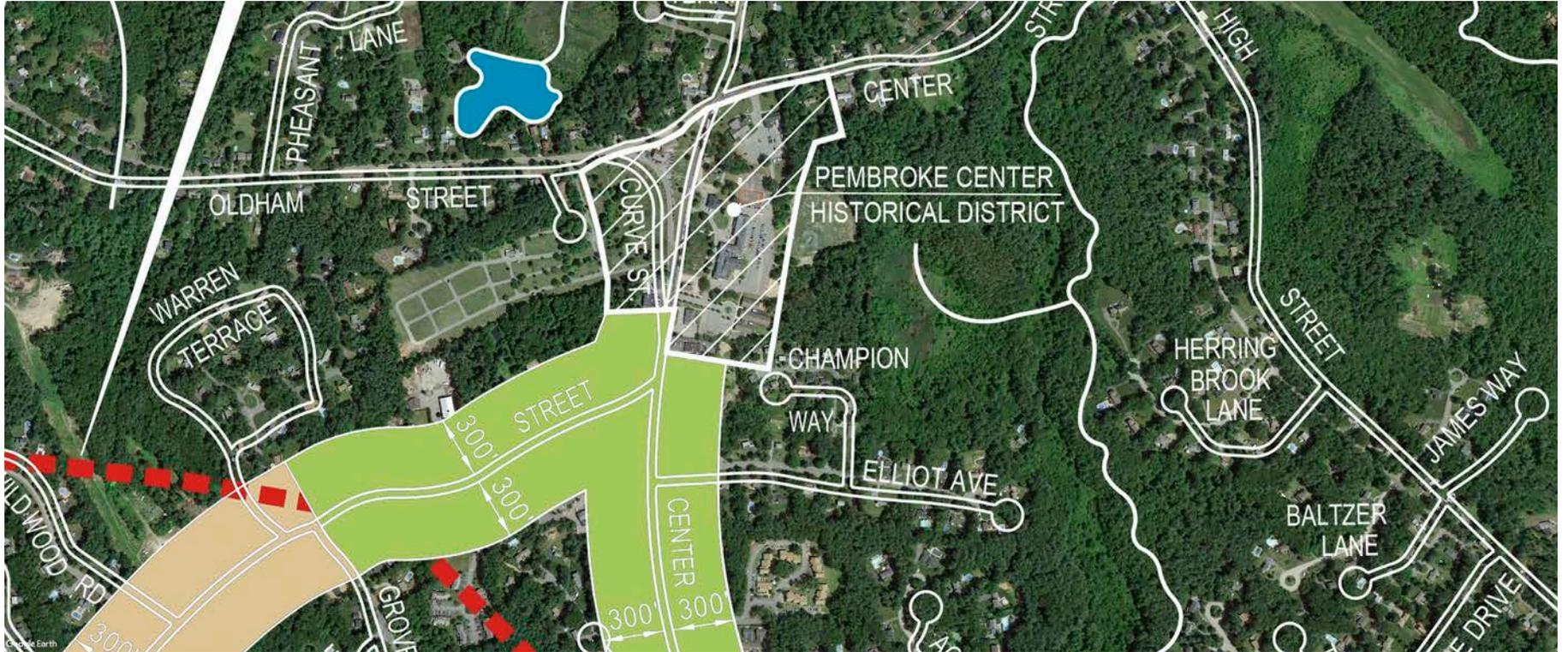
**SECTION 3**  
**FLOOR PLAN &**  
**RENDERINGS**





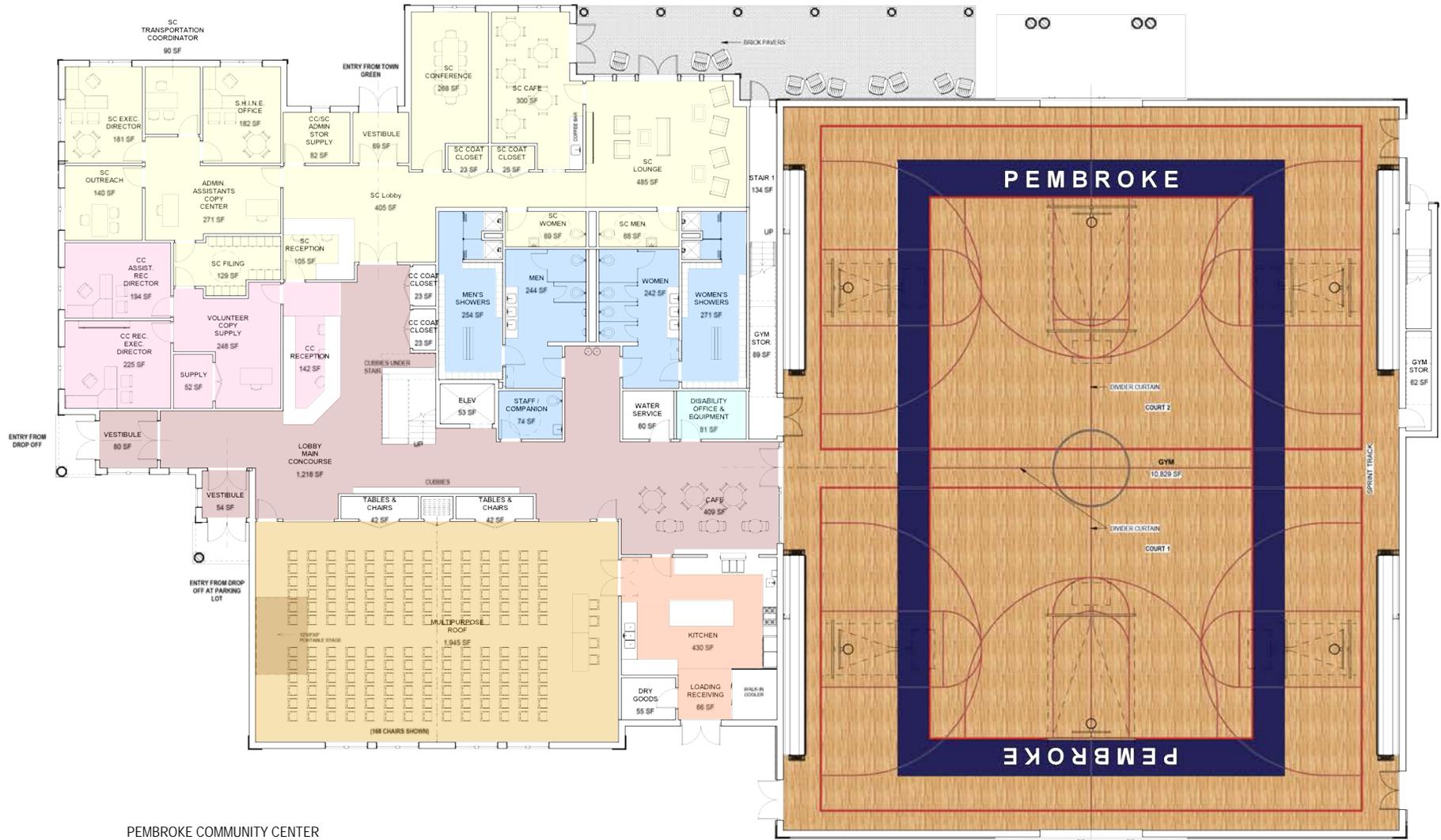
# FLOOR PLAN & RENDERINGS ACCESS/EXIT AND SITE CIRCULATION



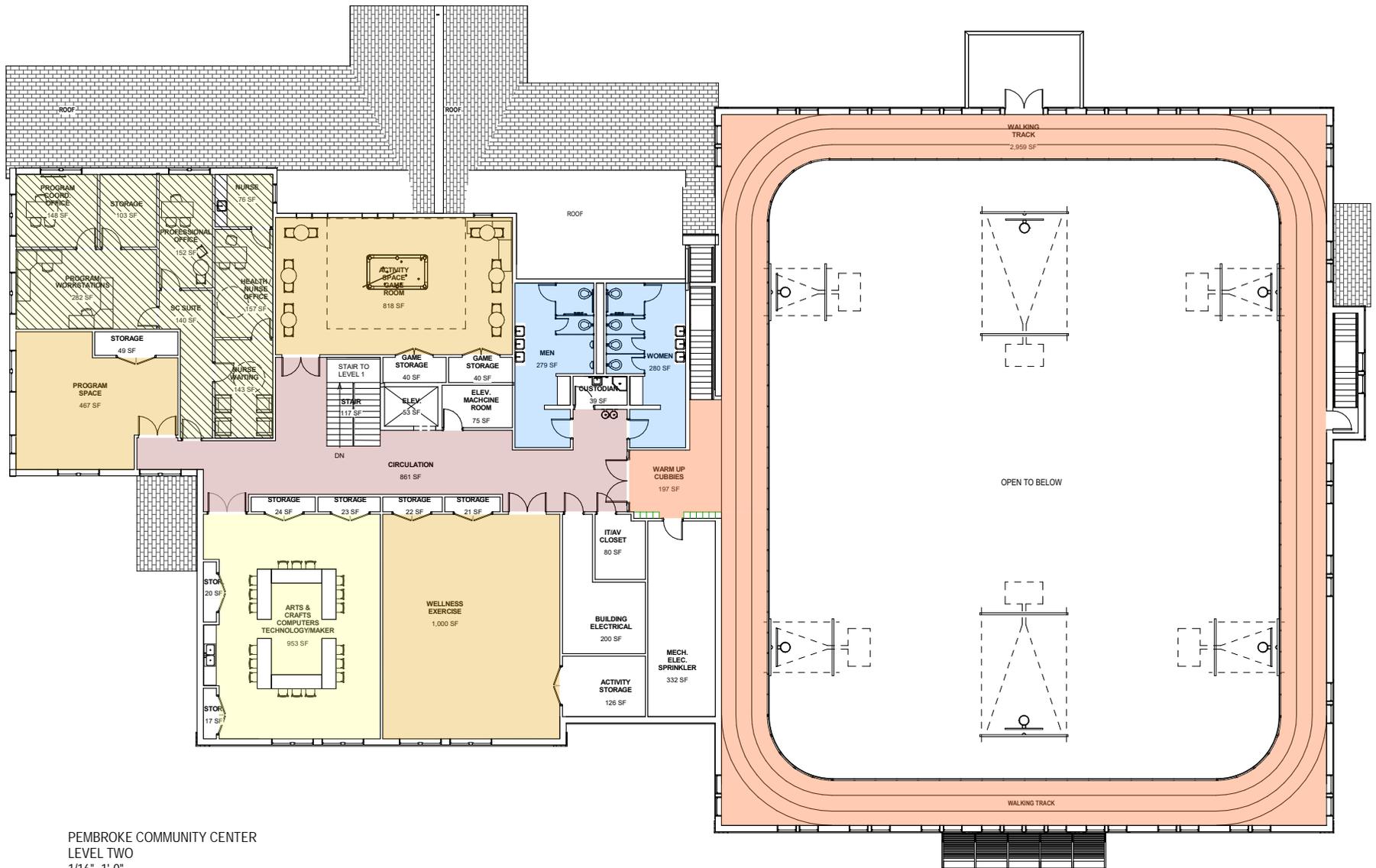


# FLOOR PLAN & RENDERINGS LEVEL ONE

## TOWN GREEN



PEMBROKE COMMUNITY CENTER  
LEVEL ONE  
1/16"=1'-0"



PEMBROKE COMMUNITY CENTER  
LEVEL TWO  
1/16"=1'-0"

**FLOOR PLAN & RENDERINGS VIEW FROM BANDSTAND**





FLOOR PLAN & RENDERINGS VIEW FROM PARKING LOT







**SECTION 4**  
**SITE AND UTILITIES**  
**MEMORANDUM**



## CIVIL ENGINEERING DUE DILIGENCE

For this feasibility study, BH+A engaged Merrill Engineers and Land Surveyors to undertake due diligence regarding overall layout, site utilities, septic, conservation, drainage, and parking. The memorandum also serves to inform the cost estimator as regards the scope of site work for the cost estimate.

The Merrill due diligence memorandum is on the following page.



17-199.2

December 18, 2019

128 Center Street, Pembroke MA  
Due Diligence Research

- Available Utilities and their sufficiency for the project.
  - Water – We did not get a response back from the Water Department regarding the water main within Center Street. The Mass DOT Plans indicate that there is an 8” watermain within Center Street.
  - Gas – There is gas within Center Street.
  - Septic

**Conceptual Estimated Septic Flow Requirements**

First Floor				
Use	Parameter	Quantity	GPD	Required
Office Space	75 GPD/ 1,000 S.F.	5084	381.30	382
Assembly	3 GPD/ 1 Seat	168	504	504
Café and Seating	35 GPD/ 1 Seat	70	2450.00	2450
Gym	25 GPD/ Participant	40	1000	1000
	3 GPD/ Spectator	30	90	90
Storage	75 GPD/1,000 S.F.	1703	127.73	128
<b>Total</b>				<b>4554</b>

Second Floor				
Use	Parameter	Quantity	Spaces	Required
Office Space	75 GPD/ 1,000 S.F.	2123	1061.50	1062
Use not Listed	75 GPD/ 1,000 S.F.	4226	2113.00	2114
<b>Total</b>				<b>3176</b>

**TOTAL FLOW FOR BUILDING 7730**

Conceptual Septic System Size	13,400+ S.F.*		100' Long by 134'
-------------------------------	---------------	--	-------------------

\*Assumes A soils consistent with NRCS Soil mapping of the area. Soil testing should be completed to properly size the system. The numbers given above are only conceptual and should not be considered exact or complete.

- Elec/Cable – Assumed to be sufficient from overhead wires in the street

- Referencing the architectural sketch provided all of the proposed buildings and parking areas are outside of conservation jurisdiction. It should be noted that drainage systems would likely be located in the rear of the parking, closest to the wetlands. There may be room to keep the drainage facilities outside the wetland buffer zones, but this is unknown until further design is completed. If encroachment into the commission’s jurisdiction is proposed it would require permitting through the Conservation Commission.
- Drainage issues in regards to the Town Green
  - The town green was inspected and definitely accepts flow from multiple sources. Refer to attached Mass Highway drainage plan. The street drainage is tied into the existing catch basin within the green area that has a connection to an existing leaching field. Further research to confirm the leaching field size and location is needed.
  - Inspection of the structures around it should be done
- Parking Requirements

**CONCEPTUAL ESTIMATED PARKING REQUIREMENTS**

First Floor				
Use	Parameter	Quantity	Spaces	Required
Office Space	1 SP/150 S.F.	5084	33.89	34
Assembly	1 SP/ 4 Seats	168	42	42
Café and Seating	1 SP/ 4 Seats	70	17.50	18
Gym	1 SP/ 200 S.F.	11852	59.26	60
Storage	1 SP/300 S.F.	1703	5.68	6
<b>Total</b>				<b>160</b>

Second Floor				
Use	Parameter	Quantity	Spaces	Required
Office Space	1 SP/150 S.F.	2123	14.15	15
Use not Listed	1 SP/ 300 S.F.	4226	14.09	15
<b>Total</b>				<b>30</b>

**TOTAL PARKING SPACES REQUIRED FOR BUILDING\* 190**

\*This total neglects spaces for employees and should add 1 space per 3 employees



**SECTION 5**  
**TRAFFIC AND**  
**PARKING REPORT**



The traffic and parking report was commissioned from PARE Corporation, a traffic engineering firm that has provided similar reports for BH+A community and senior center projects in the past.

### **Parking**

The parking analysis was designed to provide an independent opinion on parking needs. Pembroke's zoning by-laws do not contain a use category that matches this project. Instead, the project would need to be broken down into its use components as Merrill Engineering did. This methodology provided a requirement of 190 spaces plus 10 employee spaces for a total of 200 parking spaces (employee space is based on 30 summer camp employees including staff and student counselors).

# TRAFFIC AND PARKING REPORT



December 27, 2019

Mr. Joel Bargmann  
Bargmann Hendrie + Archetype, Inc.  
300 A Street  
Boston, MA 02210-1710

Re: **Professional Traffic Engineering Services**  
**Pembroke Community Center**  
**Pembroke, Massachusetts**  
Pare Project No. 19197.00

Dear Mr. Bargmann:

Pare Corporation (Pare) has completed the requested traffic engineering assessment for the construction of a combined Community Center and Senior Center (Center) in Pembroke, Massachusetts. The proposed Center will replace the existing Pembroke Community Center located at 128 Center Street. The proposed Center will be a two-floor building with a gross floor area of 41,715 square feet. The proposed facility is expected to have a drop-off area as well as an adjacent parking lot, which will connect to adjacent parking lots associated with the Town's library, town hall and police station. The Center will have three points of access/egress. A figure depicting the proposed site is attached.

## EXISTING CONDITIONS

The existing Pembroke Community Center facility hosts various activities each day of the week and the existing Senior Center hosts all senior activities for the Town from Monday through Friday. The hours of operation for the Community Center are from 8:00 a.m. to 10:30 p.m., excluding the operations of a private daycare/pre-school, a tenant to the Town, which commences at 6:30 a.m. The hours of operation for the Senior Center are from 8:30 a.m. to 4:30 p.m. The existing Community and Senior Centers are 35,300 square feet and approximately 3,600 square feet respectively. There are currently 148 parking spaces in the Community Center parking lot and the Senior Center has an exclusive lot with 11 parking spaces. The Senior Center also shares a parking area with the library. The Community Center can currently be accessed via the driveways for the police station/town hall and the library.

Based on observations performed at the existing facilities and conversations with the staff, the following pertinent data was obtained:

- the Community Center currently houses a private daycare/pre-school tenant with drop-off as early as 6:00 a.m. and pick-up as late as 6:30 p.m.;
- the Community Center operates an after-school program with students dropped off by school buses and picked up by parents by 5:30 p.m.;
- the Community Center operates a summer childcare program with drop-off between 8:00 a.m. and 9:00 a.m. and pick-up between 3:15 p.m. and 4:15 p.m.;
- the maximum parking demand generally occurs between 4:30 p.m. and 5:30 p.m. when afternoon activity pick-up and evening activity drop-off overlap; and

▼  
8 BLACKSTONE VALLEY PLACE LINCOLN, RI 02865 10 LINCOLN ROAD, SUITE 210 FOXBORO, MA 02035  
T 401.334.4100 F 401.334.4108 T 508.543.1755 F 508.543.1881



Mr. Joel Bargmann

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- many patrons utilize the northern driveway to avoid additional delay associated with the traffic signal along Center Street south of the site.

The study area for the proposed Center is defined as the significant roadways and intersections in the vicinity of the site that may be impacted by the reconstruction of the site. This includes Center Street (Route 14) from Mattakeesett Street to Allen Street/High Street. A field review of the study area was conducted with geometric measurements, a speed study and other field observations recorded for the roadway in the vicinity of the project site. The information obtained was used in the traffic assessment of the proposed site.

## Center Street (Route 14)

Center Street (Route 14), designated as an urban minor arterial under Town jurisdiction, runs north/south along the western edge of the site and east/west along the northern edge of the site. The roadway has an approximate width of 30 feet, with an 11 to 12-foot lane and a 3 to 4-foot striped shoulder in each direction. A curbed 6-foot wide concrete sidewalk runs along the eastern/southern side of the roadway along the edge of the proposed Center site. There are utility poles located at the back of the sidewalk. There is a crosswalk across Center Street just north of the Pilgrim Area Collaborative connecting to a short stretch of sidewalk at the First Church of Pembroke. Sidewalk along the west side of Center Street begins again across from the library driveway and continues south towards the intersection with Mattakeesett Street. Land use along Center Street is a mix of residential, institutional and commercial. The posted speed limit along Center Street is 25 miles per hour.

The intersection of Center Street with Mattakeesett Street is a three-legged signalized intersection with Center Street running in the north/south direction and Mattakeesett Street approaching from the west. Mattakeesett Street is the continuation of Route 14 through town and is also an urban minor arterial. Sidewalks are present along both sides of each approach, and there are crosswalks across the western and southern legs of the intersection.

The intersection of Center Street with Allen Street/High Street forms a four-legged unsignalized intersection with Center Street running east/west, Allen Street approaching from the north and High Street approaching from the south. Allen Street and High Street operate under stop control while Center Street has free movements. Allen Street is a local road and High Street is classified as an urban collector. Sidewalk is present along the south side of Center Street only and there is a crosswalk across High Street at the intersection.

## SAFETY ANALYSIS

### Site Circulation

The site will continue to be accessible via the entrance to the police station/town hall and the entrance to the library. The loop driveway that currently serves the Pilgrim Area Collaborative and allows egress from the Community Center will be reconstructed to a full-access driveway with direct access beyond the school to the Center parking lot.

### Sight Distance

The site was reviewed to determine if there is adequate sight distance for staff and patrons of the proposed Center to safely access and egress the site. Sight distance is determined based on the 85<sup>th</sup> percentile speed of the roadway. A spot speed study was performed along Center Street adjacent to the site. The 85<sup>th</sup> percentile speeds



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were found to be 26 miles per hour in both directions. A design speed of 30 miles per hour is recommended for Center Street.

According to the American Association of State Highway and Transportation Officials (AASHTO) publication *A Policy on the Geometric Design of Highways and Streets, Sixth Edition 2011*, the minimum safe stopping sight distance (SSD) for speeds up to 30 miles per hour is 200 feet and the intersection sight distance (ISD) for speeds up to 30 miles per hour is 335 feet. According to AASHTO, if the available sight distance is at least equal to the appropriate stopping sight distance, then drivers have sufficient sight distance to anticipate and avoid collisions. A summary of the sight distance available can be seen below in Table 1. Sight distance to the south of the northern driveway is limited by the horizontal curvature of the roadway. The sight line available accommodates the required SSD and though it does not quite meet the ISD for speeds up to 30 miles per hour it is adequate for the 85<sup>th</sup> percentile speed of 26 miles per hour.

**Table 1: Sight Distance Summary**

		Required SSD (ft)	Measured SSD (ft)	Required ISD (ft)	Measured ISD (ft)
Northern Driveway – Police Station/Town Hall	To the North	200	600	335	600
	To the South	200	330	335	330
Central Driveway – Pilgrim Area Collaborative	To the North	200	400	335	400
	To the South	200	520	335	520
Southern Driveway - Library	To the North	200	500	335	500
	To the South	200	550	335	550

**FUTURE CONDITIONS**

Proposed Center

The proposed Center will incorporate both the community center and senior center activities. The two-story building will have a total area of 41,715 square feet inclusive of an approximately 2,000 square foot multipurpose room suitable for large meetings or assemblies. It is assumed that the general hours of operation of the existing facilities will be maintained with the exception of the daycare, which will not be a part of the proposed Center.

Trip Generation

As noted, the proposed Center will be nearly 42,000 square feet, inclusive of the community center and senior center uses. Trip generation for the site is assessed using rates established by the Institute of Transportation Engineers (ITE) *Trip Generation Manual*. For a Recreational Community Center, identified as land use code (LUC) 495, the new Center at the proposed size could generate up to 1,210 trips per day, with 605 entering vehicles and 605 exiting vehicles. During the morning commuter peak, one hour between 7:00 a.m. and 9:00 a.m., the site could generate up to 115 trips, with 76 entering vehicles and 39 exiting vehicles. During the afternoon commuter peak, one hour between 4:00 p.m. and 6:00 p.m., the site could generate up to 127 trips, with 59 entering vehicles and 68 exiting vehicles. It is worth noting that Recreational Community Centers, as defined by ITE, often include a daycare. The proposed center will likely reach the indicated trip generation in the morning during the summer and in the afternoon during the school year. However, this may be a



Mr. Joel Bargmann

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conservative estimate in the morning during the school year and in the afternoon during the summer. The table below shows the comparison of proposed trip generation compared to the existing facilities.

**Table 2: Trip Generation Comparison**

	Weekday	AM Peak	PM Peak
Existing Community Center	1,010	105	110
Existing Senior Center*	120	7	9
Existing Total	1,130	112	119
Proposed Center	1,210	115	127

\* Senior Center assessed as Recreational Community Center, as ITE does not have a separate LUC for senior centers.

The proposed Center is not expected to generate any significant increase in traffic volume compared to the existing facilities and any traffic increase is expected to be distributed onto Center Street between the three driveways to the site.

Parking Demand

Parking generation is estimated for particular land uses by utilizing rates provided in the *Parking Generation* manual developed by ITE. Parking rates for recreational community centers range from an average of 3.20 vehicles per 1,000 square feet of gross floor area (GFA) to an 85<sup>th</sup> percentile demand of 5.03 vehicles per 1,000 square feet GFA. For the proposed Center size, this equates to a range of 134 to 210 spaces.

Alternatively, Pare has completed a review and assessment of the Town’s zoning bylaws for parking regulations. The zoning does not specify the use of Recreational Community Center; therefore, other comparable uses were considered. Based on the zoning, facilities for assembly, which applies to the multi-purpose room, require 1 parking space per 100 square feet or 1 space per 4 seats, whichever is greater. The remainder of the building, with the exception of the basketball courts, seems to lend itself to larger buildings estimated at 1 space per 150 square feet ground floor area and 1 space per 300 square feet for higher floors. The basketball court is likely to draw people already using other facilities within the Center or would lend itself to a high carpool rate for an independent pick-up game. For these reasons, one parking space for every four individuals of expected attendance is reasonable for the basketball courts. These uses total approximately 185 spaces. Another one space per three employees should be added.

The current site plan accommodates 195 spaces. This exceeds the average anticipated demand per ITE, as well as the zoning requirements per the above justification. The proposed parking is marginally short of the potential 85<sup>th</sup> percentile demand. However, the peak periods for the Center are likely to fall on weekends or evenings when the adjacent Town use parking lots could be used for overflow.

**CONCLUSION**

Upon completion of the assessment of the proposed Community/Senior Center, the following points can be made.

- Sight distances were assessed based on proposed driveway locations and meet the minimum stopping and intersection sight distances for the 85<sup>th</sup> percentile speed of Center Street.

## TRAFFIC AND PARKING REPORT



Mr. Joel Bargmann

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December 27, 2019

- The proposed Center will not generate much additional traffic compared to the existing facilities and will be distributed between the three site driveways.
- The proposed parking should be more than sufficient to handle the average demands of the Center, and larger events that may have a few additional spaces needed could utilize adjacent Town owned lots.

Overall, the proposed reconstruction of the site located at 128 Center Street which will develop a shared Community Center and Senior Center in place of the existing Community Center is not expected to have any major impact on the surrounding roadway network.

We are available to discuss this report with you at your convenience. Please feel free to contact us if you have any questions or need additional information.

Sincerely,

Amy Archer  
Project Engineer

JPS/AA

**SECTION 6**  
**CONCEPTUAL**  
**CONSTRUCTION COST**  
**ESTIMATES**



## CONCEPTUAL CONSTRUCTION COST ESTIMATES

TOTAL PROJECT COST CALCULATION		
<b>HARD COST</b>		
General Contractor	Construction Cost Estimate	20,000,000
Furniture, Fixtures & Equipment	Furniture Equipment (Audio Visual, phones, computers, etc.)	200,000 200,000
<b>Hard Cost Subtotal</b>		<b>\$20,400,000</b>
<b>SOFT COST</b>		
Permits & Approvals	Conservation Commission Planning Board Site Plan Approval Peer Review Charge Town Meeting	5,000
Architecture & Engineering	Architect & Engineer (% of construction cost) 7% FF&E and Audio Video Specification & Purchasing 10% Geotechnical Engineer Survey & Layout Updated	1,400,000 30,000 15,000 10,000
Testing & Inspections	Concrete & Steel, Soil Inspections	
Project Management	Owner's Project Manager and Clerk 2%	399,800
Moving	Move once to temporary space and once to final space	20,000
Advertising & Bidding	Public Bidding: Advertising, Printing & Document Website	5,000
Legal	Contracts	
Other	Bonding Costs	
<b>Soft Cost Subtotal</b>		<b>\$1,884,800</b>
<b>CONTINGENCY</b>		
Contingency	Owner's Contingency on Hard Costs 4%	816,000
<b>Project Total</b>		<b>\$23,100,800</b>

The construction cost was prepared by an independent professional cost estimator, CHA. This firm has provided estimates for many previous BH+A senior/community center projects with an excellent level of accuracy.

The bid is based on the Pembroke Community Center being a publicly funded building and thus constructed following the requirement of MGL Chapter 140 including filed sub-bidding and use of prevailing wages. The estimate is not intended to identify a potential low bid but rather what could be expected in the range of competitive bids.

The estimated construction cost does not include furniture, fixtures, and equipment, the required owner's project manager, or architecture and engineering fees. The project construction cost also does not include an owner's contingency, an important factor given the early phase of the project. All contingencies will be reduced as the project develops greater detail.

The cost of construction, including abatement and demolition of the existing building is estimated to be \$20,000,000, assuming a bid date of January 2021. The total project cost including furniture, fixtures, and equipment, owner's testing, legal, owner's project management, architecture and engineering fees, and owner's contingency is estimated to be \$23,100,800.

Upon review of the cost estimate by the working group, revisions to the building program and area were made to bring the cost in line with group expectations. The Total Project Cost Calculation table reflects these efforts and has resulted in a total project reduction which supersedes the CHA estimate on the following pages.

# CONCEPTUAL CONSTRUCTION COST ESTIMATES



Pembroke Recreation and Senior Center  
New Construction  
Pembroke, MA

January 7, 2020

## Concept Design Estimate



**Architect:**  
Bargmann Hendrie Archetype Inc  
9 Channel Center Street, Suite 300  
Boston, MA 02210  
(617) 350 0450

**Cost Consultant:**  
CHA Consulting Inc  
1 Faneuil Hall Market Place  
South Market Bldg, Suite 4195  
Boston, MA 02109-6119  
(617) 451 2717



Pembroke Recreation and Senior Center  
Pembroke, MA

### INTRODUCTION

#### Project Description:

The project consists of a new recreation and senior center building in Pembroke, MA construction of new 2 story building, including gymnasium, meeting rooms, offices, commercial kitchen concrete foundations and slab on grade, steel framed structure fiber cement exterior facade siding, aluminum windows, TPO roofing and asphalt shingles pitch roofing interior program fit out and MEP systems site preparation, bulk earthwork, site utilities, exterior site improvements

#### Project Particulars:

*Schematic Design Documents prepared by Bargmann Hendrie + Archetype, Inc. received December 16, 2019*  
Floor Plans and Exterior Elevations  
3-D views  
Site Plan  
Outline Specifications  
Concept Base Plan  
Asbestos Removal and Building Demolition Budgets received January 2, 2020  
Detailed quantity takeoff from these documents where possible  
CHA Consulting Inc experience with similar projects of this nature  
Design intent and scope review discussions with Bargmann Hendrie + Archetype, Inc.

#### Project Assumptions:

The project will be by a General Contractor under a Lump Sum Contract in a single construction phase  
Our costs assume that there will be competitive bidding in all trades and sub-trades i.e. at least four (4) bids per trade or sub-trade  
Unit rates are based on current dollars escalated to mid-point of construction  
Subcontractor's markups are included in each unit rate. These markups cover field and home office overhead and subcontractor's profit  
Operation during normal business hours  
No occupancy of Project zone during construction  
Lay-down/storage area, jobsite shed and trailers, and construction site entrance will be located adjacent to Project area  
Temporary electrical and water site utility connections will be available. General Conditions value includes utility connections and consumption costs  
Noise and vibration disturbances are anticipated and will be minimized or avoided during normal business hours  
Design and Pricing Contingency markup is an allowance for unforeseen design issues, design detail development and specification clarifications during the design period  
General Conditions includes supervision, general facilities to support Project, and site office overheads that are not attributable to the direct trade costs  
Project Requirements value includes scaffolding, staging and access, temporary protection, and cleaning  
Fee markup is calculated on a percentage basis of direct trade construction costs  
Anticipated start of construction is January 1, 2021 duration 20 months



Pembroke Recreation and Senior Center  
Pembroke, MA

*Project Assumptions: cont'd*

An escalation projection has been included from now to the anticipated start of construction and is carried at a rate of 4% per year. Escalation during construction duration has been included in the unit rate details

**Construction Cost Estimate Exclusions:**

- Unforeseen Conditions Contingency
- Audio visual and food service equipment
- Utility company back charges during construction
- Owner's site representation and project administration
- Owner's administration; legal fees, advertising, permitting, Owner's insurance, administration, interest expense
- Architectural/Engineering; Designer and other Professional fees, testing, printing, surveying.
- Project costs; utility company back charges prior to construction, construction of swing space and temporary program facilities, program related phasing, relocation
- Site or existing condition surveys and investigations
- Work beyond the boundary of the Project
- Third Party testing and commissioning
- Owner furnished and installed products; furnishings, equipment, artwork, loose case goods, and similar items



Pembroke Recreation and Senior Center  
Pembroke, MA  
41,715 GSF

**MAIN SUMMARY**

DESCRIPTION		COST	COST/GSF
<b>Direct Trade Details</b>			
Asbestos Abatement		\$367,700	\$8.81
Building Demolition		\$240,000	\$5.75
Sitework		\$2,345,279	\$56.22
New Senior Center Building		\$14,331,761	\$343.56
<b>Direct Trade Details SubTotal</b>		<b>\$17,284,740</b>	<b>\$414.35</b>
Design and Pricing Contingency	10.00%	\$1,728,500	\$41.44
<b>Direct Trade Cost Total</b>		<b>\$19,013,240</b>	<b>\$455.79</b>
General Conditions, Project Requirements, Overhead	10.00%	\$1,901,324	\$45.58
Performance Bonds	1.10%	\$230,060	\$5.52
Insurance	1.20%	\$253,735	\$6.08
Permit Fee		Waived	
Profit	2.50%	\$534,959	\$12.82
<b>Estimated Construction Cost Total</b>		<b>\$21,933,319</b>	<b>\$525.79</b>
Escalation from now to Bid Jan 2021 @4% per year	4.00%	\$877,333	\$21.03
<b>Estimated Construction Cost Total at Bid Opening</b>		<b>\$22,810,651</b>	<b>\$546.82</b>

# CONCEPTUAL CONSTRUCTION COST ESTIMATES



Pembroke Recreation and Senior Center  
Pembroke, MA  
41,715 GSF

## DIRECT TRADE COST SUMMARY

DESCRIPTION	COST	COST/GSF
02-EXISTING CONDITIONS	\$739,086	\$17.72
03-CONCRETE	\$834,235	\$20.00
04-MASONRY	\$219,625	\$5.26
05-METALS	\$2,208,909	\$52.95
06-WOOD, PLASTICS AND COMPOSITES	\$770,988	\$18.48
07-THERMAL AND MOISTURE PROTECTION	\$1,446,270	\$34.67
08-OPENINGS	\$737,315	\$17.68
09-FINISHES	\$1,945,818	\$46.65
10-SPECIALTIES	\$175,265	\$4.20
11-EQUIPMENT	\$468,245	\$11.22
12-FURNISHINGS	\$108,363	\$2.60
14-CONVEYING SYSTEMS	\$135,000	\$3.24
21-FIRE SUPPRESSION	\$333,720	\$8.00
22-PLUMBING	\$865,198	\$20.74
23-HVAC	\$2,148,323	\$51.50
26-ELECTRICAL	\$1,803,103	\$43.22
31-EARTHWORK	\$381,723	\$9.15
32-EXTERIOR IMPROVEMENTS	\$936,557	\$22.45
33-UTILITIES	\$1,027,000	\$24.62
<b>Direct Trade Cost Total</b>	<b>\$17,284,740</b>	<b>\$414.35</b>

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Direct Trade Cost Summary  
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Pembroke Recreation and Senior Center  
New Construction  
Pembroke, MA  
41,715 GSF

## Direct Trade Cost Details

ELEMENT	QUANTITY	UNIT	UNIT RATE	COST
<b>9 02-EXISTING CONDITIONS</b>				
10				
11 <i>Hazardous Material Assessment</i>				
12 Asbestos Abatement; budget provided	1	AL	\$367,700.00	\$367,700
13 <i>Structure Demolition</i>				
14 Demolition of existing Structure brick 2 story building - 35,000 sf; budget	1	AL	\$240,000.00	\$240,000
15 <i>Site Demolition</i>				
16 Sawcut pavement	125	LF	\$10.00	\$1,250
17 Bituminous concrete pavement parking lot	101,198	SF	\$0.85	\$86,018
18 Concrete sidewalk	2,745	SF	\$1.50	\$4,118
19 Utility	1	AL	\$25,000.00	\$25,000
20 Misc. demolition other than above	1	AL	\$15,000.00	\$15,000
21 <b>02-EXISTING CONDITIONS TOTAL</b>				<b>\$739,086</b>
22				
23				
24 <b>03-CONCRETE</b>				
25				
26 Slab on grade, site prep	26,606	SF	\$20.00	\$532,120
27 strip footing, foundation wall, vapor barrier, insulation	898	LF	\$275.00	\$246,881
28 interior spread footing	46	CY	\$600.00	\$27,733
29 Elevator pit	1	LS	\$12,000.00	\$12,000
30 Stairs concrete fill	3	FLT	\$3,500.00	\$10,500
31 Miscellaneous concrete, interior conc pads	1	LS	\$5,000.00	\$5,000
32 <b>03-CONCRETE TOTAL</b>				<b>\$834,235</b>
33				
34				
35 <b>04-MASONRY</b>				
36				
37 <i>Exterior wall</i>				
38 Architectural 4"x4"x24" concrete masonry units; wall base @ Gym	945	SF	\$40.00	\$37,800
39 Metal flashing @ masonry	945	SF	\$5.00	\$4,725
40 Loose lintel in CMU opening, install only (supply in Div 05)	1	LS	\$7,500.00	\$7,500
41 Interior CMU wall, assumed; Gym	5,025	SF	\$24.00	\$120,600
42 Elevator/stair CMU wall	2,000	SF	\$24.50	\$49,000
43 <b>04-MASONRY TOTAL</b>				<b>\$219,625</b>
44				
45				
46 <b>05-METALS</b>				
47				
48 <i>Structural Steel Framing</i>				
49 Structural steel framing; assume 13#/sf	271	TNS	\$4,250.00	\$1,152,377
50 Fabricated steel trusses; Gym roof	11,525	GSF	\$40.00	\$461,000

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Direct Trade Cost Details

ELEMENT	QUANTITY	UNIT	UNIT RATE	COST
51 Steel Decking				
52 1½" standard corrugated floor deck	15,110	SF	\$3.50	\$52,885
53 1½" standard corrugated roof deck	15,080	SF	\$3.50	\$52,780
54 acoustic roof deck at Gym	11,525	SF	\$6.50	\$74,913
55 Miscellaneous and Ornamental Iron				
56 Metal Fabrications				
57 Stair handrail and guardrails	3	FLT	\$25,000.00	\$75,000
58 monumental stairs	1	FLT	\$50,000.00	\$50,000
59 Elevator pit ladder	1	LS	\$1,500.00	\$1,500
60 Roof ladder	1	LS	\$1,750.00	\$1,750
61 Guardrail at second floor double-height space	1	AL	\$13,000.00	\$13,000
62 Guardrail at walking track	360	LF	\$375.00	\$135,000
63 Steel support for operable partitions	35	LF	\$150.00	\$5,250
64 Loose lintel in CMU opening, supply only	1	LS	\$5,000.00	\$5,000
65 Miscellaneous metals to interior	41,715	GSF	\$2.50	\$104,288
66 Miscellaneous metals to exterior masonry	945	SF	\$3.50	\$3,308
67 Miscellaneous metals for exterior remainder	20,860	SF	\$1.00	\$20,860
68 <b>05-METALS TOTAL</b>				<b>\$2,208,909</b>
69				
70				
71 <b>06-WOOD, PLASTICS AND COMPOSITES</b>				
72				
73 Rough Carpentry				
74 Rough carpentry, roof parapet blocking, 4 pcs	3,728	LF	\$7.50	\$27,960
75 Rough carpentry/blocking, ext openings	2,432	LF	\$7.50	\$18,240
76 5/8" Plywood pitch roof sheathing, rough carpentry, blocking	34,430	SF	\$5.00	\$172,150
77 Install doors and frames	73	OPEN	\$250.00	\$18,250
78 Rough carpentry/blocking; interior partitions and ceilings	51,095	SF	\$1.00	\$51,095
79 Exterior Finish Carpentry				
80 Decorative column enclosure; exterior	11	EA	\$1,800.00	\$19,800
81 Exterior soffit	2,194	SF	\$25.00	\$54,838
82 Interior Architectural Woodwork				
83 Lobby reception, control & information desk	44	LF	\$500.00	\$22,000
84 Display case in lobby with glass doors; qty provided	20	LF	\$750.00	\$15,000
85 Lounge; Fireplace mantel and surround; allow	1	AL	\$10,000.00	deleted
86 Lounge, Offices; counter/desk	32	LF	\$475.00	\$15,200
87 Coffee Bar	13	LF	\$1,000.00	\$13,000
88 Program rooms casework	6	RMS	\$7,500.00	\$45,000
89 Admin Storage, Copy, Supply	10	LF	\$435.00	\$4,350
90 Kitchen; base and wall cabinet, countertop	53	LF	\$640.00	\$33,920
91 Professional/Nurse	7	LF	\$435.00	\$3,045
92 Casework/file cabinets; File room	29	LF	\$450.00	\$13,050



Pembroke Recreation and Senior Center  
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Direct Trade Cost Details

ELEMENT	QUANTITY	UNIT	UNIT RATE	COST
93 Wood shelf and coat rod in coat closet	2	RMS	\$250.00	\$500
94 Cubbies	25	LF	\$12.00	\$300
95 Vanity counter @ Gangs Restroom	34	LF	\$240.00	\$8,160
96 bench	42	LF	\$150.00	\$6,300
97 other countertops	28	LF	\$240.00	\$6,720
98 Interior wood paneling at corridors and lounges; assumed	450	SF	\$45.00	\$20,250
99 Gym; 4'x8' panels, allowance	1,600	SF	\$30.00	\$48,000
100 Corridors; wainscot, allow	1,500	SF	\$15.00	\$22,500
101 Wood chair rail at corridor; assumed	350	LF	\$35.00	\$12,250
102 Window sill	490	LF	\$32.00	\$15,680
103 Dance barre	40	LF	\$50.00	\$2,000
104 Wood base; assumed qty	1,500	LF	\$12.00	\$18,000
105 Miscellaneous standing and running trim	41,715	GSF	\$2.00	\$83,430
106 <b>06-WOOD, PLASTICS AND COMPOSITES TOTAL</b>				<b>\$770,988</b>
107				
108				
109 <b>07-THERMAL AND MOISTURE PROTECTION</b>				
110				
111 07 00 01* Waterproofing Dampproofing and Caulking				
112 Spray applied air and vapor barrier membrane @ exterior wall	21,805	SF	\$7.00	\$152,635
113 Caulking and sealants	41,715	GSF	\$2.75	\$114,716
114 07 00 02* Roofing and Flashing				
115 Asphalt shingle roofing assembly, 30 year warranty, pitched roof	34,430	SF	\$12.50	\$430,375
116 Ice and water shield @ roof	11,362	SF	\$1.50	\$17,043
117 TPO roofing; flat roof at balcony, full traffic pad coverage	380	SF	\$23.00	\$8,740
118 elevator	85	SF	\$18.00	\$1,530
119 Vented ridge cap	1,000	LF	\$32.00	\$32,000
120 New thru wall flashing	1,754	LF	\$17.00	\$29,818
121 Pad-type, flat-mounted snow guards; assumed	1,020	LF	\$50.00	\$51,000
122 Roof hatch and curb; allow	1	EA	\$4,500.00	\$4,500
123 Aluminum gutter & downspouts	2,000	LF	\$45.00	\$90,000
124 Misc. roof accessories	1	LS	\$7,500.00	\$7,500
125 07 21 00 Thermal Insulation				
126 2" Rigid insulation at foundation wall				Div 03
127 3" Mineral fiber thermal insulation; ext walls	21,805	SF	\$2.50	\$54,513
128 07 46 10 Cementitious Siding				
129 Fiber cement flat panels with battens	5,435	SF	\$15.50	\$84,243
130 Fiber cement horizontal shingle siding	15,425	SF	\$16.00	\$246,800
131 Fiber cement smooth trim, board, fascia	1	LS	\$100,000.00	\$100,000
132 Ext columns at entrance	11	EA	\$1,800.00	Div 06
133 Firestopping; based on floor area	41,715	GSF	\$0.50	\$20,858
134 <b>07-THERMAL AND MOISTURE PROTECTION TOTAL</b>				<b>\$1,446,270</b>

# CONCEPTUAL CONSTRUCTION COST ESTIMATES



Pembroke Recreation and Senior Center  
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## Direct Trade Cost Details

ELEMENT	QUANTITY	UNIT	UNIT RATE	COST
<b>135 08-OPENINGS</b>				
136				
137 08 00 01* Glass and Glazing				
138 Door glazing, vision panels	1	LS	\$18,000.00	\$18,000
139 sidelight	1	LS	\$10,500.00	\$10,500
140 transaction window	1	LS	\$2,500.00	\$2,500
141 Mirror at Wellness	400	SF	\$45.00	\$18,000
142 Mirror at restrooms	136	SF	\$45.00	\$6,120
143 Exterior door				
144 Egress exit door; insulated HM door w/HM welded frame.	5	PR	\$3,500.00	\$17,500
145 single door	1	LEAF	\$1,750.00	\$1,750
146 Interior HM door	74	LEAF		
147 Cooler/Freezer; single	1	LEAF	\$0.00	Inc. w/cooler
148 Interior solid core wood door				
149 single door	48	LEAF	\$350.00	\$16,800
150 double door	25	PR	\$700.00	\$17,500
151 Door Frames				
152 HMF, single	48	EA	\$240.00	\$11,520
153 HMF, double	25	EA	\$390.00	\$9,750
154 Access doors at MEP installation	8	EA	\$300.00	\$2,400
155 Overhead coiling counter door assume at Reception desk	1	EA	\$5,000.00	\$5,000
156 Exterior Doors				
157 Sliding barn door	2	EA	\$13,000.00	\$26,000
158 overhead coiling door behind barn door	2	EA	\$9,000.00	\$18,000
159 Entry doors, aluminum glass	8	PR	\$7,500.00	\$60,000
160 single door	1	LEAF	\$3,750.00	\$3,750
161 Vestibule and at exit end of lobby and locker room; pair of doors	5	PR	\$7,000.00	\$35,000
162 single door	1	LEAF	\$3,500.00	\$3,500
163 Interior storefront/sidelight & transom at Vestibule, Multipurpose, Wellness	210	SF	\$85.00	\$17,850
164 Exterior fiberglass window, double hung, low E glass, double glazed	3,585	SF	\$95.00	\$340,575
165 premium for rounded; 6' ø, fixed	3	EA	\$1,000.00	\$3,000
166 Door Hardware				
167 Door hardware, heavy duty mortise locksets	98	OPEN	\$850.00	\$83,300
168 Automatic door operator	3	SET	\$2,500.00	\$7,500
169 Louvers and Vents				
170 Aluminum louvers with factory finished Kynar coating	1	LS	\$1,500.00	\$1,500
<b>171 08-OPENINGS TOTAL</b>				<b>\$737,315</b>
172				
173				
174				
175				
176				

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## Direct Trade Cost Details

ELEMENT	QUANTITY	UNIT	UNIT RATE	COST
<b>177 09-FINISHES</b>				
178				
179 Tiling				
180 Ceramic tile 12"x24"; Lobby, main corridors	3,285	SF	\$29.00	\$95,265
181 Restrooms, Locker/showers flooring	2,025	SF	\$29.00	\$58,725
182 full height at wet walls, wainscot at other walls	2,890	SF	\$29.00	\$83,810
183 Quarry floor tile at kitchen, pantry, receiving	1,530	SF	\$30.00	\$45,900
184 quarry tile wall base	100	LF	\$30.00	\$3,000
185 Granite landing @ monumental stairs	60	SF	\$45.00	\$2,700
186 granite treads and risers	132	LFR	\$50.00	\$6,600
187 Ceilings				
188 Acoustical tile ceiling; 2'x2'	21,800	SF	\$5.50	\$119,900
189 ACT ceiling @ Restrooms	3,285	SF	\$5.75	\$18,889
190 ACT at Kitchen	1,530	SF	\$7.50	\$11,475
191 GWB ceiling @ vestibule	310	SF	\$12.00	\$3,720
192 Stairs	125	SF	\$12.50	\$1,563
193 Feature ceiling at Reception desk, Waiting, Café, Lounges	1	AL	\$18,000.00	\$18,000
194 Interior soffit; allow	1	AL	\$3,500.00	\$3,500
195 Flooring				
196 Moisture mitigations at resilient and carpet flooring	14,535	SF	\$3.75	\$54,507
197 Resilient flooring; Program rooms, Lounges	12,180	SF	\$7.00	\$85,262
198 Rubber landing, treads and risers @ stairs	125	SF	\$12.00	\$1,500
199 Wood athletic flooring at Gym	11,435	SF	\$25.00	\$285,875
200 Wellness	905	SF	\$25.00	\$22,625
201 Walking Track flooring	3,185	SF	\$17.00	\$54,145
202 Carpet flooring; Offices, Admin area	262	SY	\$50.00	\$13,089
203 Wall base	5,015	LF	\$3.50	\$17,553
204 Painting and Coating				
205 Interior				
206 GWB walls	70,860	SF	\$1.10	\$77,945
207 GWB ceiling / soffits	435	SF	\$1.25	\$544
208 Exposed, painted acoustic roof deck at gymnasium, lobby, weight room	12,580	SF	\$1.50	\$18,870
209 Sealed concrete at storage and mechanical rooms	2,420	SF	\$1.75	\$4,235
210 Door & frame	98	OPEN	\$200.00	\$19,600
211 Misc. painting; interior	41,715	SF	\$0.75	\$31,286
212 Exterior				
213 Misc. painting; exterior trim, soffit, columns	41,715	SF	\$0.75	\$31,286
214 Gypsum Board Assemblies				
215 Interior of exterior wall, metal stud, drywall interior layer, gypsum sheath	21,805	SF	\$14.75	\$321,624
216 Interior partitions	28,855	SF		
217 GWB partitions; 3/4" metal stud (2) 3/4" GWB, 3/2" batt insulation	28,855	SF	\$15.00	\$432,825
<b>218 09-FINISHES TOTAL</b>				<b>\$1,945,818</b>

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Direct Trade Cost Details

ELEMENT	QUANTITY	UNIT	UNIT RATE	COST
<b>219 10-SPECIALTIES</b>				
<b>220</b>				
<b>221 Visual Display Units</b>				
222 Visual display boards; bulletin board	1	AL	\$3,500.00	\$3,500
<b>223 Signage</b>				
224 Code-required interior panel signage, access. signage; interior & exterior	41,715	GSF	\$1.00	\$41,715
225 Plaque	1	AL	\$5,000.00	\$5,000
<b>226 Toilet Compartments</b>				
227 Stainless steel, overhead braced	8	STALL	\$1,450.00	\$11,600
228 ADA	4	STALL	\$1,750.00	\$7,000
229 Urinal screen	4	EA	\$850.00	\$3,400
<b>230 Corner Guards</b>				
231 Corner guards; allow	1	LS	\$1,500.00	\$1,500
232 Operable partition at the Multipurpose Room: motorized	37	LF	\$1,000.00	\$37,000
<b>233 Toilet and Bath Accessories</b>				
234 Toilet accessories; gang toilet	4	EA	\$5,000.00	\$20,000
235 Toilet accessories; single user	5	EA	\$700.00	\$3,500
236 Utility shelf/ mop & broom holder; Janitor	2	SET	\$150.00	\$300
<b>237 Fire Protection Specialties</b>				
238 Recessed fire extinguisher and cabinet	10	EA	\$450.00	\$4,500
<b>239 Miscellaneous Specialties</b>				
240 Exterior aluminum louvers with factory finished Kynar coating	1	LS	\$1,500.00	Div 08
241 Lockers	70	EA	\$375.00	\$26,250
242 Gas fireplace at Lounge/Café; allow	1	EA	\$10,000.00	\$10,000
<b>243 10-SPECIALTIES TOTAL</b>				<b>\$175,265</b>
<b>244</b>				
<b>245</b>				
<b>246 11-EQUIPMENT</b>				
<b>247</b>				
248 Projection screen; Multipurpose	2	EA	\$7,500.00	\$15,000
249 Projection screen; Conference, Program & Activity Room	3	EA	\$3,500.00	\$10,500
250 Food service equipment; Kitchen allowance	853	GSF	\$200.00	\$170,600
251 Community Food Pantry, casework	67	LF	\$435.00	\$29,145
252 Pantry storage, shelving	122	LF	\$175.00	\$21,350
<b>253 Gymnasium Equipment</b>				
<b>254 Basketball equipment</b>				
255 Backboards: Single mast, front raising support system, w/key operater electronic, rectangular glass, w/protective padding	2	EA	\$6,500.00	\$13,000
256 Backboards; with additional height adjustment	4	EA	\$7,500.00	\$30,000
257 Safety wall pads on end walls of gym. 2-inch thick vinyl coated pads				
259 Volleyball equipment	3	SET	\$3,500.00	\$10,500
<b>260</b>				



Pembroke Recreation and Senior Center  
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41,715 GSF

Direct Trade Cost Details

ELEMENT	QUANTITY	UNIT	UNIT RATE	COST
<b>261 Scoreboard</b>				
262 Wireless scoreboard	1	EA	\$7,500.00	\$7,500
263 Shot clocks and scorekeeper's equipment	1	EA	\$1,250.00	\$1,250
264 Wall padding	1,000	SF	\$15.00	\$15,000
265 Divider Curtain; electrically operated, roll-fold	161	LF	\$200.00	\$32,200
266 Portable stage 8'x12'x8" in Multipurpose; structure and finish	96	SF	\$75.00	\$7,200
267 Sound System and controls; Gym, allow	1	AL	\$75,000.00	\$75,000
268 Sound System and controls; Multipurpose, allow	1	AL	\$30,000.00	\$30,000
<b>269 11-EQUIPMENT TOTAL</b>				<b>\$468,245</b>
<b>270</b>				
<b>271</b>				
<b>272 12-FURNISHINGS</b>				
<b>273</b>				
<b>274 Window Treatment</b>				
275 Roller shades, manual shade operators @ Offices area	3,360	SF	\$7.50	\$25,200
276 Multipurpose, Program, Lounge	225	SF	\$12.50	\$2,813
<b>277 Entrance Mats</b>				
278 Recessed walk off mat at entry vestibule	310	SF	\$35.00	\$10,850
279 Gym floor covering for use during special non-athletic events; allow	1	AL	\$9,500.00	\$9,500
<b>280 Seating</b>				
281 Bleachers 2 rows/each side of gymnasium, attached to wall & extendable	240	LF	\$250.00	\$60,000
<b>282 12-FURNISHINGS TOTAL</b>				<b>\$108,363</b>
<b>283</b>				
<b>284</b>				
<b>285 14-CONVEYING SYSTEMS</b>				
<b>286</b>				
287 Passenger elevator; 2-stop, 3,500 lbs	1	EA	\$135,000.00	\$135,000
<b>288 14-CONVEYING SYSTEMS TOTAL</b>				<b>\$135,000</b>
<b>289</b>				
<b>290</b>				
<b>291 21-FIRE SUPPRESSION</b>				
<b>292</b>				
293 Fire Suppression	41,715	GSF	\$8.00	\$333,720
<b>294 21-FIRE SUPPRESSION TOTAL</b>				<b>\$333,720</b>
<b>295</b>				
<b>296</b>				
<b>297 22-PLUMBING</b>				
<b>298</b>				
<b>299 Equipment</b>				
300 Water heater	1	EA	\$19,000.00	\$19,000
301 Water meter assembly	1	EA	\$4,000.00	\$4,000
302 Reduced pressure backflow preventer	1	EA	\$5,000.00	\$5,000

# CONCEPTUAL CONSTRUCTION COST ESTIMATES



Pembroke Recreation and Senior Center  
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## Direct Trade Cost Details

ELEMENT	QUANTITY	UNIT	UNIT RATE	COST
303 Connection to gas meter	10	EA	\$750.00	\$7,500
304 Hot water circulation pump assembly	2	EA	\$1,500.00	\$3,000
305 Mixing valve	1	EA	\$4,500.00	\$4,500
306 Floor drain	1	AL	\$10,000.00	\$10,000
307 Kitchen floor sink	1	EA	\$950.00	\$950
308 Trap primer	1	EA	\$700.00	\$700
309 Wall hydrant	1	AL	\$5,000.00	\$5,000
310 Hose bibb	1	AL	\$2,500.00	\$2,500
311 Interior grease interceptor	1	EA	\$3,500.00	\$3,500
312 Rough-in & connection to kitchen equipment	1	LS	\$5,000.00	\$5,000
<b>Plumbing fixtures</b>				
314 Water Closet	17	EA	\$2,250.00	\$38,250
315 Urinal	4	EA	\$1,850.00	\$7,400
316 Lavatory; wall hung	5	EA	\$2,200.00	\$11,000
317 Lavatory; counter mount	12	EA	\$1,750.00	\$21,000
318 Shower	4	EA	\$3,500.00	\$14,000
319 Janitor Closet	1	EA	\$1,050.00	\$1,050
320 Sink	5	EA	\$1,250.00	\$6,250
321 Drinking fountain	1	EA	\$3,500.00	\$3,500
<b>Domestic Water Piping</b>				
323 Copper pipe with fittings & hangers	41,715	GSF	\$5.00	\$208,575
324 Valves & accessories	1	LS	\$2,300.00	\$2,300
<b>Sanitary Waste And Vent Piping</b>				
326 Cast iron pipe with fittings & hangers	41,715	GSF	\$5.50	\$229,433
327 Natural Gas Piping	41,715	GSF	\$3.50	\$146,003
328 Valves & accessories	1	LS	\$1,500.00	\$1,500
329 Miscellaneous plumbing	41,715	GSF	\$2.50	\$104,288
<b>330 22-PLUMBING TOTAL</b>				<b>\$865,198</b>
331				
332				
<b>23-HVAC</b>				
334				
335 Equipment	41,715	GSF	\$8.00	\$333,720
336 Terminal boxes	41,715	GSF	\$9.00	\$375,435
337 Ductwork	41,715	GSF	\$15.00	\$625,725
338 Insulation	41,715	GSF	\$4.00	\$166,860
339 Piping	41,715	GSF	\$6.00	\$250,290
340 Insulation	41,715	GSF	\$2.50	\$104,288
341 Controls	41,715	GSF	\$6.00	\$250,290
342 Misc	41,715	GSF	\$1.00	\$41,715
<b>343 23-HVAC TOTAL</b>				<b>\$2,148,323</b>
344				

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## Direct Trade Cost Details

ELEMENT	QUANTITY	UNIT	UNIT RATE	COST
<b>26-ELECTRICAL</b>				
346				
<i>Interior Electrical</i>				
<i>Gear &amp; Distribution</i>				
<i>Normal Power</i>				
350 Meter provision	1	EA	\$500.00	\$500
351 Associated panelboards and feeders	41,715	GSF	\$4.50	\$187,718
352 Grounding	1	LS	\$3,500.00	\$3,500
<i>Emergency Power</i>				
354 Emergency power generator				Div 33
<i>Equipment Wiring</i>				
356 Feed and connections	41,715	GSF	\$8.50	\$354,578
357 MEP equipment wiring	41,715	GSF	\$3.00	\$125,145
<i>Lighting &amp; Branch Power</i>				
359 LED lighting	41,715	SF	\$8.00	\$333,720
360 Exit and emergency lighting	41,715	SF	\$2.50	\$104,288
361 Accent/feature lighting	1	LS	\$50,000.00	\$50,000
<i>Lighting control system</i>				
363 Switches and sensors	41,715	GSF	\$0.50	\$20,858
<i>Branch devices</i>				
365 Branch devices	41,715	GSF	\$0.35	\$14,600
366 Branch wiring	41,715	GSF	\$3.50	\$146,003
<i>Fire Alarm</i>				
368 Control panel	1	LS	\$5,000.00	\$5,000
369 Terminal cabinet	1	EA	\$1,000.00	\$1,000
370 Annunciator	1	EA	\$1,500.00	\$1,500
371 DACT (Dialer)	1	EA	\$850.00	\$850
372 Beacon	1	EA	\$225.00	\$225
373 Bell	1	EA	\$150.00	\$150
374 Initiating, reporting devices, modules and cabling	41,715	GSF	\$1.50	\$62,573
375 Testing and programming	1	LS	\$3,500.00	\$3,500
<i>Telephone/Data/CATV</i>				
377 IDF Fit-Out	1	LS	\$4,500.00	\$4,500
378 Allow for devices and cabling	41,715	GSF	\$2.50	\$104,288
<i>Security System</i>				
380 Security system	41,715	GSF	\$2.40	\$100,000
<i>Surveillance System</i>				
382 Surveillance system	41,715	GSF	\$1.92	\$80,000
<i>Access Control System</i>				
384 Access control system	41,715	GSF	\$1.20	\$50,000
<i>AV/Sound System</i>				
386 Rough-in and power connections (Multi-purpose room)	2	LOC	\$2,500.00	\$5,000

Pembroke Recreation and Senior Center Concept Estimate Dec 30 - Revised  
Printed 1/7/2020

Direct Trade Cost Details  
Page 14 of 17 Pages



Pembroke Recreation and Senior Center  
New Construction  
Pembroke, MA  
41,715 GSF

Direct Trade Cost Details

ELEMENT	QUANTITY	UNIT	UNIT RATE	COST
387 <i>Lightning Protection</i>				
388 Lightning protection system				NIC
389 <i>Miscellaneous</i>				
390 Fees & Permits	1	LS	\$21,110.00	\$21,110
391 Coordination & management	1	LS	\$7,500.00	\$7,500
392 Temp power & lights	1	AL	\$15,000.00	\$15,000
393 <b>26-ELECTRICAL TOTAL</b>				<b>\$1,803,103</b>
394				
395				
396 <b>31-EARTHWORK</b>				
397				
398 <i>Site Clearing</i>				
399 Clear and grub	5	ACRE	\$3,500.00	\$17,500
400 Construction fence	2,208	LF	\$16.00	\$35,328
401 Double construction gate	2	EA	\$2,500.00	\$5,000
402 Construction entrance	2	LS	\$6,500.00	\$13,000
403 R & D trees	19	EA	\$450.00	\$8,550
404 Wash down/re-fueling	1,500	SF	\$2.50	\$3,750
405 Temp signs	1	LS	\$1,500.00	\$1,500
406 Haybale and erosion control netting; install, maintain and dispose	2,208	LF	\$14.00	\$30,912
407 Haybales at stockpile topsoil areas	1	LS	\$2,500.00	\$2,500
408 <i>Recreation and Senior Center Building Earthwork</i>	26,606	GSF		
409 Rough and fine grade for new slab	26,606	SF	\$1.50	\$39,909
410 Gravel below slab; 12" thick	1,084	CY	\$35.00	\$37,940
411 <i>Continuous footings</i>	898	LF		
412 Excavation	540	CY	\$15.00	\$8,100
413 Backfill with imported fill	221	CY	\$25.00	\$5,530
414 Perimeter foundation drain	898	LF	\$18.50	\$16,613
415 Elevator pad cut and fill	1	LS	\$3,500.00	\$3,500
416 <i>Spread footings</i>	78	EA		
417 Excavation	647	CY	\$15.00	\$9,705
418 Backfill with imported fill	464	CY	\$28.00	\$12,998
419 <i>Site Earthwork</i>				
420 Remove & stockpile topsoil	1,119	CY	\$8.00	\$8,952
421 Asphalt pavement cut and fill	3,071	CY	\$10.00	\$30,710
422 Concrete pavement cut and fill	979	CY	\$10.00	\$9,790
423 Site grade cut and fill	2,302	CY	\$8.00	\$18,416
424 Rough and fine grade for new surfacing	109,040	SF	\$0.50	\$54,520
425 Dewatering	1	LS	\$7,000.00	\$7,000
426 <b>31-EARTHWORK TOTAL</b>				<b>\$381,723</b>
427				
428				



Pembroke Recreation and Senior Center  
New Construction  
Pembroke, MA  
41,715 GSF

Direct Trade Cost Details

ELEMENT	QUANTITY	UNIT	UNIT RATE	COST
429 <b>32-EXTERIOR IMPROVEMENTS</b>				
430				
431 <i>Exterior Improvements</i>				
432 Decorative site sign	1	EA	\$25,000.00	\$25,000
433 Flag pole; assumed aluminum, concrete foundation	1	EA	\$7,500.00	\$7,500
434 Site pipe bollard	7	EA	\$600.00	\$4,200
435 Trash/recycle receptacles	3	EA	\$600.00	\$1,800
436 Benches	4	EA	\$1,500.00	\$6,000
437 Bike racks	1	AL	\$2,500.00	\$2,500
438 Traffic and pedestrian sign	1	AL	\$5,700.00	\$5,700
439 Misc. site improvement other than above	1	LS	\$35,000.00	\$35,000
440 <i>Paving and Surfacing</i>				
441 Asphalt paving at vehicular roads, drives and parking areas	82,906	SF	\$3.15	\$261,154
442 Gravel base; 12" crushed stone base	3,378	CY	\$35.00	\$118,230
443 Path existing pavement at street	1	AL	\$3,200.00	\$3,200
444 Precast concrete curbing	3,803	LF	\$28.00	\$106,484
445 Parking spaces	181	EA	\$35.00	\$6,335
446 Handicap parking spaces	8	EA	\$75.00	\$600
447 Crosswalks	1	AL	\$1,000.00	\$1,000
448 Misc. paving marking	1	AL	\$2,500.00	\$2,500
449 Portland cement concrete sidewalk	24,930	SF	\$6.50	\$162,045
450 Clay brick pavers at west outdoor pergola	1,204	SF	\$25.00	\$30,100
451 Curb cut	7	EA	\$380.00	\$2,660
452 Gravel base	557	CY	\$35.00	\$19,495
453 Concrete pad	1	AL	\$3,500.00	\$3,500
454 <i>Plantings</i>				
455 Respread stockpiled topsoil	1,119	CY	\$9.00	\$10,071
456 Mulch	77	CY	\$45.00	\$3,465
457 Imported topsoil	1,291	CY	\$25.00	\$32,275
458 New extension of town green (demo, grading, surface coverings, etc)	5,342	SF	\$5.00	\$26,710
459 Lawn area	85,722	SF	\$0.35	\$30,003
460 Tree	21	EA	\$1,050.00	\$22,050
461 Tree	12	EA		ETR
462 Shrubs	11	EA	\$180.00	\$1,980
463 Groundcover	1	AL	\$5,000.00	\$5,000
464 <b>32-EXTERIOR IMPROVEMENTS TOTAL</b>				<b>\$936,557</b>
465				
466				
467				
468				
469				
470				

# CONCEPTUAL CONSTRUCTION COST ESTIMATES



Pembroke Recreation and Senior Center  
New Construction  
Pembroke, MA  
41,715 GSF

## Direct Trade Cost Details

ELEMENT	QUANTITY	UNIT	UNIT RATE	COST
<b>471 33-UTILITIES</b>				
472				
473 <i>Water Distribution</i>				
474 Hydrant and gate	3	EA	\$2,700.00	\$8,100
475 6" CLDI	340	LF	\$80.00	\$27,200
476 2" Domestic water	50	LF	\$50.00	\$2,500
477 Thrust blocks	1	LS	\$800.00	\$800
478 6" T, S, & G, street connection	1	EA	\$9,500.00	\$9,500
479 <i>Sanitary Sewerage</i>				
480 Sewer MH	2	EA	\$4,000.00	\$8,000
481 Oil water separator	1	EA	\$12,000.00	\$12,000
482 6" PVC	260	LF	\$52.00	\$13,520
483 Connect to existing, street connection	1	EA	\$12,000.00	\$12,000
484 <i>Storm Drainage</i>				
485 Storm drainage system base on hard finish area	109,040	SF	\$4.50	\$490,680
486 <i>Gas Service</i>				
487 New service line				By Gas Co.
488 Trenching and backfill only for new service line; allow	260	LF	\$35.00	\$9,100
489 <i>Electrical Utilities</i>				
490 Site demolition allow	1	LS	\$3,500.00	\$3,500
491 <i>Primary Ductbank</i>				
492 Riser pole	1	LS	\$1,200.00	\$1,200
493 Primary ductbank	100	LF	\$115.00	\$11,500
494 Pad mounted transformer				By Utility Co.
495 Transformer pad allow	1	EA	\$2,500.00	\$2,500
496 125KW emergency generator	1	EA	\$58,000.00	\$58,000
497 <i>Secondary Ductbank</i>				
498 1000A secondary service ductbank (Concrete encased)	150	LF	\$350.00	\$52,500
499 <i>Communications</i>				
500 Riser pole	1	EA	\$1,200.00	\$1,200
501 Communication service ductbank 4-4" empty conduit (allow)	260	LF	\$150.00	\$39,000
502 <i>Site Lighting</i>				
503 Single head pole light fixture, allow	52	EA	\$2,800.00	\$145,600
504 Double head pole light fixture, allow	10	EA	\$3,800.00	\$38,000
505 Lighting circuitry	4,340	LF	\$15.00	\$65,100
506 Pole base	62	EA	\$250.00	\$15,500
<b>507 33-UTILITIES TOTAL</b>				<b>\$1,027,000</b>
508				
509				

**SECTION 7**  
**IMPLEMENTATION &**  
**TIMELINE**



### Implementation Plan

The process for taking the Pembroke Community Center from a successful Town Meeting vote to opening for business involves many steps over roughly 30 months in the optimistic case there are no delays.

The feasibility study design requires development with greater detail and input from departments and users. This takes an average of **three months**.

Once the design is fully developed, a set of bid and construction documents needs to be completed with all details, specifications, and general conditions of the described construction contract. During this phase, any Conservation Commission meetings are held and Pembroke Planning Board approval is obtained. This phase also takes **three months**.

When construction documents are completed and the drawings approved by Town parties, the project is advertised for Public Bid. Filed sub-bids for certain trades are required. Once these are done, the general contractors complete their bids and submit them. The bidding process takes **two months**.

The Pembroke Community Center construction cost exceeds \$10,000,000 and thus, filed sub-bidders and general contractors need to be prequalified. This is a **two month** process of advertising, receipt, and review of qualifications that can overlap with the construction document phase. Prequalification of bidders simplifies award of the contract.

Once there is a successful low bidder, the Town awards the project and completes contracts with the low bid contractor. We allow **one month** for award and contracts, culminating in a Notice to Proceed.

Finally construction begins. We estimate that this project will take **18 months** to construct. Upon completion of construction, a Certificate of Occupancy is provided by the Town. Then, there is Town commissioning, furnishing, move in, and finally opening for business. The time from completion of construction to occupancy is generally **one to two months**.

The existing Pembroke Recreation Center, including the After School Program will require relocation to other facilities for the duration of construction, anticipated to be two years.



**IMPLEMENTATION & TIMELINE**

	2020								2021				2022			
	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr		Aug	Sep	Oct
Town Vote	★															
Final Design/Design Development																
Cost Estimate (Design Documents)																
Construction Documents																
Cost Estimate (Construction Documents)																
Conservation Commission																
Planning Board																
Inter-department Reviews																
Contractor Pre-qualification																
Bidding																
Award																
Start Construction														Construction 18 months through August 2022		
Construction																
Occupancy																★



**SECTION 8**  
**ZONING STUDY**

memo

to: FILE  
 from: Reese Schroeder  
 date: December 19, 2019  
 project name & number: 3403 Pembroke Community Center  
 subject: Zoning Study  
 cc: file

**Pembroke Zoning Study:**

The Pembroke zoning map indicates our site lies within Residence District A, under the historic district overlay.

**SECTION II Definitions**

**Half-Story** The term "half-story" shall mean a story within a sloping roof, the area of which at a height four feet above the floor does not exceed two-thirds of the floor area of the story immediately below.

**Story** is defined as "that part of any building comprised between any floor and the floor or roof next above; the first story being the lowest story which is 75% or more above the average level of ground..."

**SECTION III**

**Establishment of Districts**

**1. Residence District A**

This district shall include all the land in Pembroke which is not included in the Residential-Commercial, Business, or Industrial Districts.

Under Residence A, building height is limited to 2.5 (two and one-half) stories.

**7. Historic Districts**

**B. PARCEL TWO**

**10. Center Protection District (Overlay)**

This district is created to protect the visual qualities of the historical, cultural, and governmental center of Pembroke. It shall include all that land that has frontage on the following ways, to a depth of 300' from said ways, from and parallel to the following ways:

**A. Center Street:** Beginning on the westerly side at the southerly boundary of the parcel of land occupied by the Center Cemetery and thence southerly on the westerly side of Center Street to a point opposite the southerly boundary line of the parcel of land occupied by the Center Library and thence southerly on both side of Center Street to the intersection of Mountain Avenue.

**Section IV  
 Use and Dimensional Regulations**

**1. Residence District A**

**A. Uses Allowed:** 2. Municipal or Civic Use

**D. Dimensional Regulations:**

1. Min 40,000 square feet; 150' minimum frontage; minimum 80% contiguous upland area
2. 150' contiguous frontage required
3. Minimum Lot Perimeter Ratio: greater than 44
4. Front Yard: 40' from lot line
5. Side Yards: 25'
6. Rear Yard: 20'
7. Minimum lot width 100' at any point
10. Heights: Three stories. Chimneys, elevators, poles, spires, other projections not used for human occupancy may extend a reasonable height above the height limit.
12. **Building Floor Area (F.A.R.): not exceed 35% of total site area.**
13. **Lot Coverage:** The sum of ground area of lot covered by all buildings and all paved areas, including walkways, patios, roadways, access ways, turnarounds, loading areas, and parking areas **not to exceed 60% of the total site area.**
14. Landscaping: minimum 40% of any required yard shall be landscaped or left in a natural state. Minimum 50% of any yard or buffer strip abutting a residential use or district shall be landscaped or left in a natural state.

**F.A.R. Calculations:**

Site Area (29+ acres provided by Merrill)		1,226,544 SF
Library Footprint including Portico (scaled from site plan)	18,732 SF	
Bandstand (scaled)	486 SF	
SubTotal Existing Building Footprints	19,218 SF	19,218 SF
Proposed Community Ctr Footprint	26,606 SF	26,606 SF
Total All Buildings	45,824 SF	45,824 SF
<b>F.A.R.</b>		<b>3.74%</b>

**Lot Coverage Calculations:**

Site Area (29+acres provided by Merrill)		1,226,544 SF
Total All Buildings	45,824 SF	45,824 SF
<hr/>		
Paved Areas (calc. by Civil/Landscape)		
- Walks	TBD	
- Paving	TBD	
Total All Paving		TBD
<b>Lot Coverage</b>		

Below is information sent to us from Libby Bates of the Pembroke Historical Commission as extracted from the **By-Laws of the Town of Pembroke Massachusetts, Updated to Town Meeting of May 14, 2019:**

Libby Bates: "Please be advised.....the Center Historic District is an overlay district, not a zoning district."

**Article XXXI**

**SECTION 10. Establishment of Pembroke Center Historical District**

There is hereby established an historical district to be known as the Pembroke Center Historic District, said district having been established under the Pembroke Town ByLaws – Updated to 5/14/2019 61 provisions of the Historic District Act, Massachusetts General Laws Chapter 40C.

The Pembroke Center Historic District shall include all of the land, and buildings and structures situated thereon, within the following described areas:

**A.** Beginning at a point approximately four hundred twenty-five (425) feet easterly of the intersection of Oldham Street and Littles Avenue with Center Street, said point being located on the easterly lot line of the parcel of land upon which is situated the Pembroke Police Station and which is shown as Lot 17 on Assessors' Plan C-10, and thence westerly along Center Street, on the southerly side only, to the intersection with Oldham Street and Littles Avenue, and thence southerly along Center Street, on the easterly side only to a point approximately one thousand two hundred fifty (1,250) feet southerly of the intersection of Oldham Street and Littles Avenue with Center Street, said point being located on the southerly lot line of the parcel of land upon which is situated the Pembroke Center Library and which is shown as Lot 46 on Assessors' Plan C-9, and including all of the land along and southerly and easterly of said portions of Center Street to a depth of five hundred (500) feet

from the wayline. This so described area includes the land upon which is situated the Police Station, the Town Hall, the Town Pound, the First Parish Sewing Circle Building, the Historical Society Building, the Hatch School, the Community Center, the Harry M. Woods Memorial Bandstand, the G.A.R. Hall/Boys Club and the Center Library.

**B.** That parcel of land bounded by Center Street on the easterly side, Oldham Street on the northwesterly side and Curve Street on the southwesterly side, shown as Lots 4 and 5 on Assessors' Plan C-9, and upon which is situated the First Church and Town Green. **C.** That parcel of land along Oldham Street and Curve Street upon which is situated the Center Cemetery and which is shown as Lots 7, 13A, 15B and 54 on Assessors' Plan C-9....

**Article XXXI – Demolition Delay Bylaw Procedure**

An applicant proposing to demolish a building subject to this bylaw shall file with the Building Commissioner an application containing the following information:

- The address of the building to be demolished.
- The owner's name, address and telephone number.
- A description of the building.
- The reason for requesting a demolition permit.
- A brief description of the proposed reuse, reconstruction or replacement.
- A photograph or photograph(s) of the building.

The Building Commissioner shall within seven days forward a copy of the application to the Commission. The Commission shall within fifteen days after receipt of the application, make a written determination of whether the building is significant.

Upon determination by the Commission that the building is not significant, the Commission shall so notify the Building Commissioner and applicant in writing. The Building Commissioner may then issue the demolition permit.

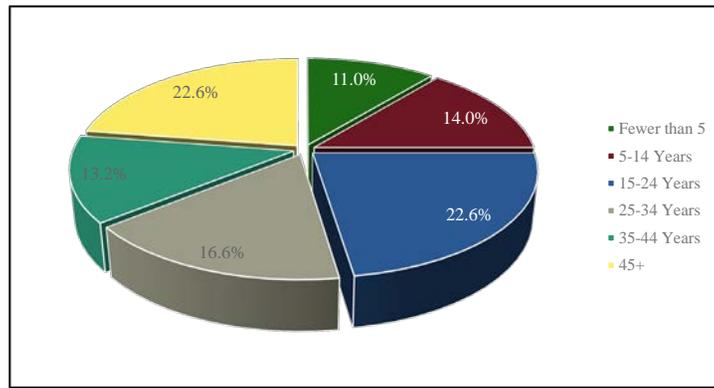


**SECTION 9**  
**SURVEY RESULTS**

# SURVEY RESULTS



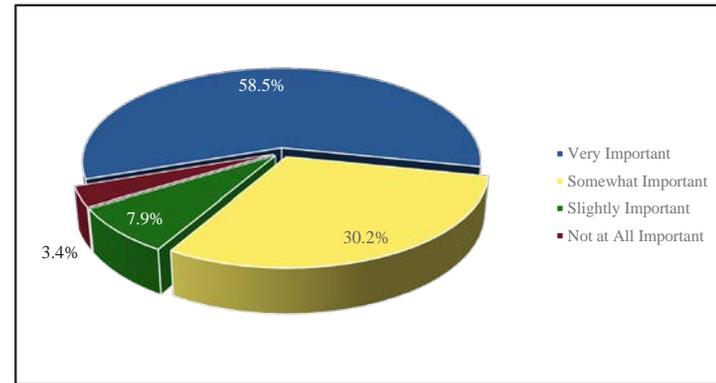
Question #1 – How long have you lived in Pembroke?



Options	Responses
Fewer than 5	29
5-14 Years	37
15-24 Years	60
25-34 Years	44
35-44 Years	35
45 Years +	60



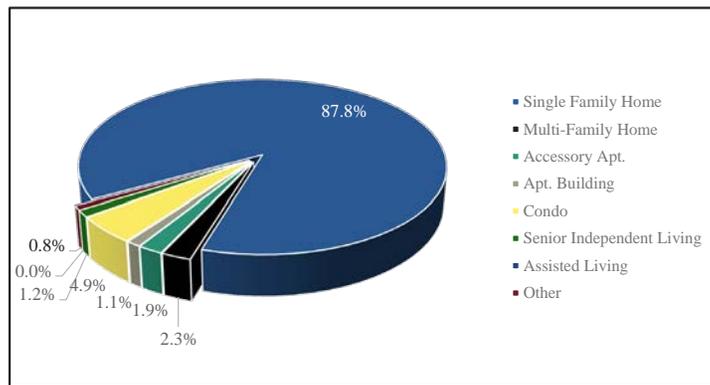
Question #2 – How important is it to you to remain living in Pembroke?



Options	Responses
Very Important	155
Somewhat Important	80
Slightly Important	21
Not at All Important	9



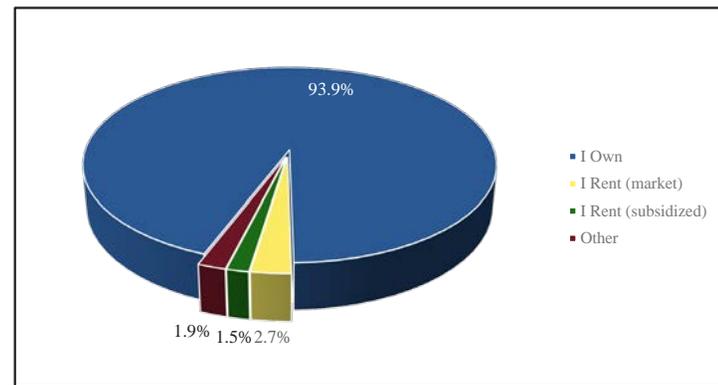
Question #4 – Which of the following best describes your current place of residence?



Options	Responses
Single Family Home	231
Multi-Family Home	6
Accessory Apartment	5
Apartment Building	3
Condominium	13
Senior Independent Living Facility	3
Assisted Living Facility	0
Other	2



Question #5 – Do you rent or own your current place of residence?

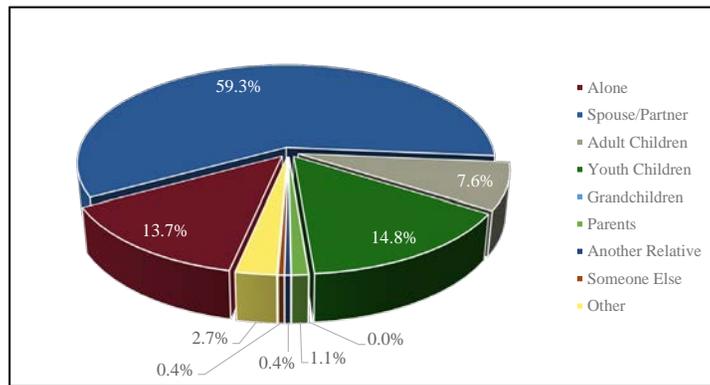


Options	Responses
I Own	247
I Rent (market rates)	7
I Rent (subsidized)	4
Other	5

# SURVEY RESULTS



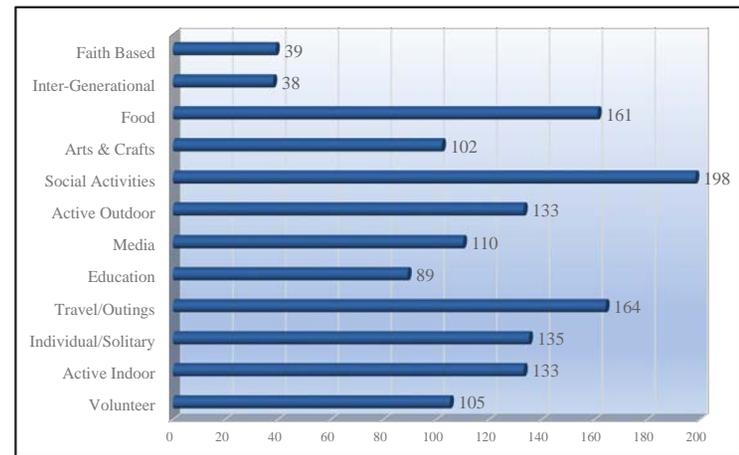
Question #6 – Whom do you live with?



Options	Responses
I Live Alone	36
A Spouse/Partner	156
My Adult Child(ren)	20
My Child (under age 18)	39
My Grandchildren	0
My Parent(s)	3
Another Relative	1
Someone Else	1
Other	7



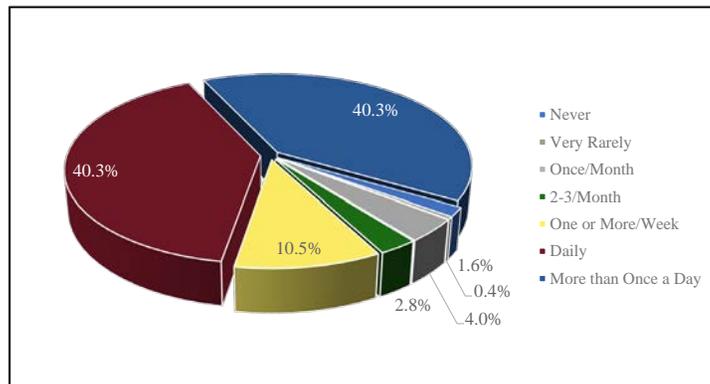
Question #7 – Which activities do you currently enjoy doing? (check all that apply)



Options	Responses
Volunteering	42.3%
Active Indoor Activities	53.6%
Individual/Solitary Activities	54.4%
Travel or Outings	66.1%
Education	35.9%
Media	44.4%
Active Outdoor Activities	53.6%
Social Activities	79.8%
Arts & Crafts	41.1%
Food	64.9%
Inter-Generational Programs	15.3%
Faith Based Activities	15.7%



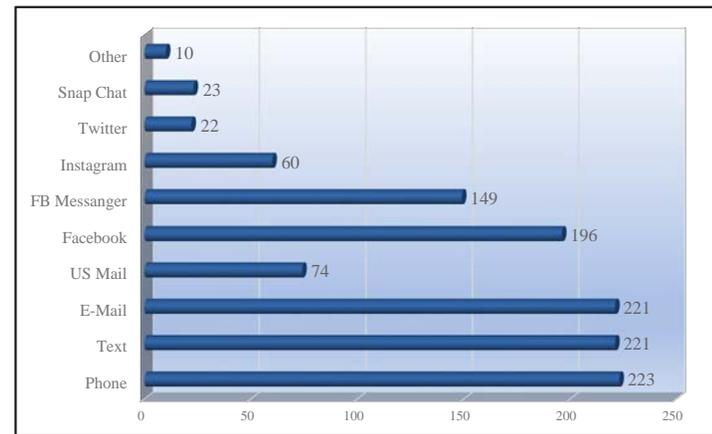
Question #9 – How often do you talk on the phone, send e-mail, use social media, or get together to visit with family, friends, relatives, or neighbors?



Options	Responses
Never	4
Very Rarely	1
Once a Month	10
2 or 3 Times a Month	7
1 or More Times a Week	26
Daily	100
More than Once a Day	100



Question #10 – What different modes of communication do you use when talking with colleagues, friends, family, etc?

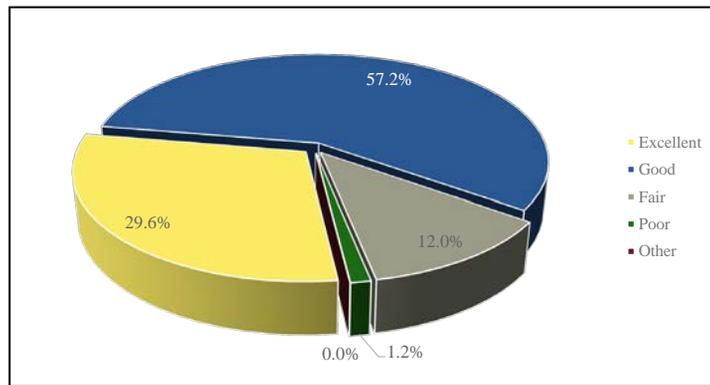


Options	Responses
Phone	89.9%
Text	89.1%
E-Mail	85.1%
U.S. Mail	29.8%
Facebook	79.0%
Facebook Messenger	60.1%
Instagram	24.2%
Twitter	8.9%
Snap Chat	9.3%
Other	4.0%

# SURVEY RESULTS



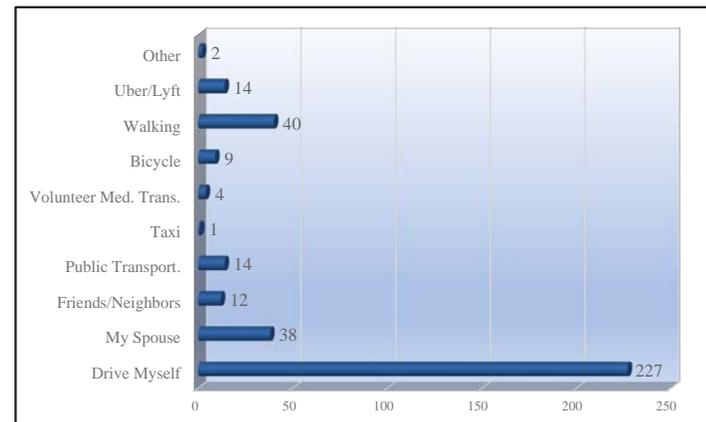
Question #11 – How would you rate your overall physical health?



Options	Responses
Excellent	72
Good	139
Fair	29
Poor	3
Other	0



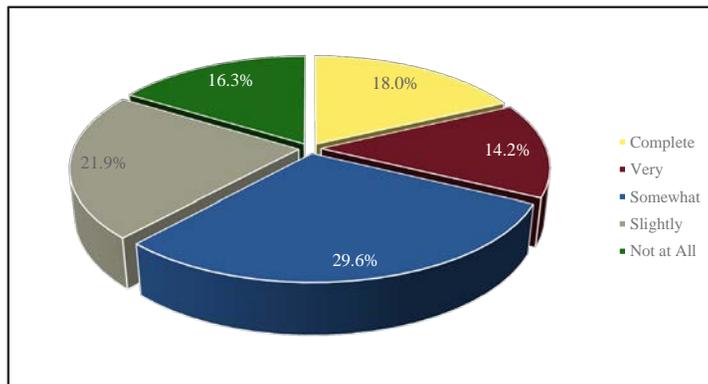
Question #13 – How do you meet your transportation needs? (check all that apply)



Options	Responses
I Drive Myself	97.4%
My Spouse or Child Drives Me	16.3%
Friends or Neighbors Drive Me	5.2%
Public Transportation	6.0%
Taxi	0.4%
Volunteer Medical Transportation	1.7%
Bicycle	3.9%
Walking	17.2%
Uber/Lyft	6.0%
Other	0.9%



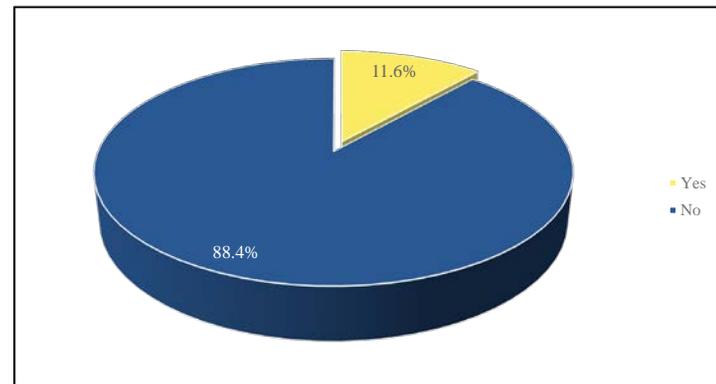
Question #14 – How satisfied are you with the transportation options available to you in Pembroke?



Options	Responses
Completely Satisfied	42
Very Satisfied	33
Somewhat Satisfied	69
Slightly Satisfied	51
Not at All Satisfied	38



Question #15 – Do you currently use programs or services offered by the Council on Aging/Pembroke Senior Center?

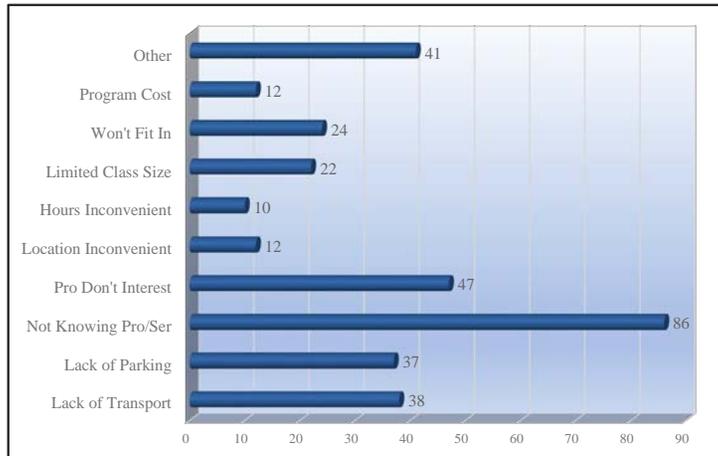


Options	Responses
Yes	21
No	160

# SURVEY RESULTS



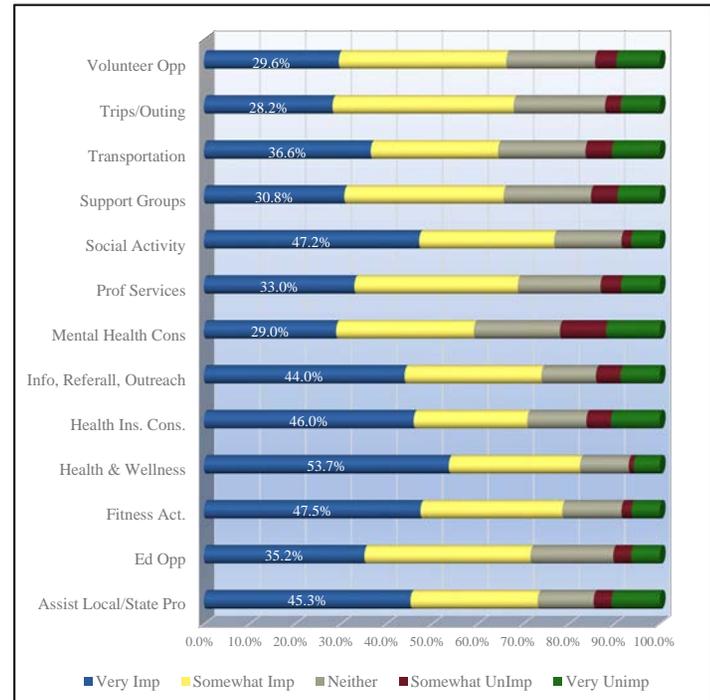
Question #16 – Below is a list of problems one could encounter when accessing the Pembroke Senior Center or its programs. Which of these problems have you or someone you know experienced? (check all that apply)



Options	Responses
Lack of Transportation	21.0%
Lack of Sufficient Parking	20.4%
Not Knowing What Programs & Services Are Available	47.5%
Programs Don't Interest Me	26.0%
Location of the Center is Inconvenient	6.6%
Hours of the Center are Inconvenient	5.5%
Limited Class Size for Events/Activities	12.2%
I Don't Think I Would Fit in There	13.3%
Cost for Programs	6.6%
Other	22.7%

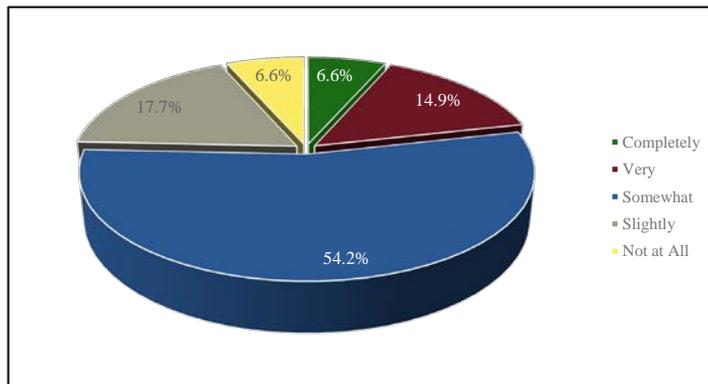


Question #17 – The following items refer to programs and services that are currently offered through the Council on Aging/Pembroke Senior Center. Please rate how important each program/service is to you and/or your family?





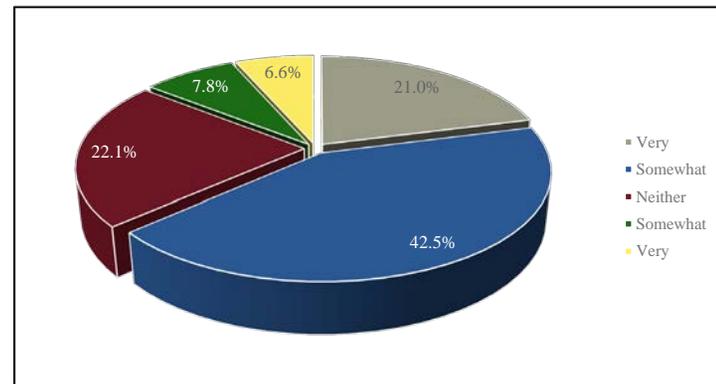
Question #18 – How satisfied are you with the programs and services offered through the Council on Aging/Pembroke Senior Center?



Options	Responses
Completely Satisfied	12
Very Satisfied	27
Somewhat Satisfied	98
Slightly Satisfied	32
Not at All Satisfied	12



Question #20 – In the future, how likely are you to participate in programs and services offered by the Council on Aging/Pembroke Senior Center?

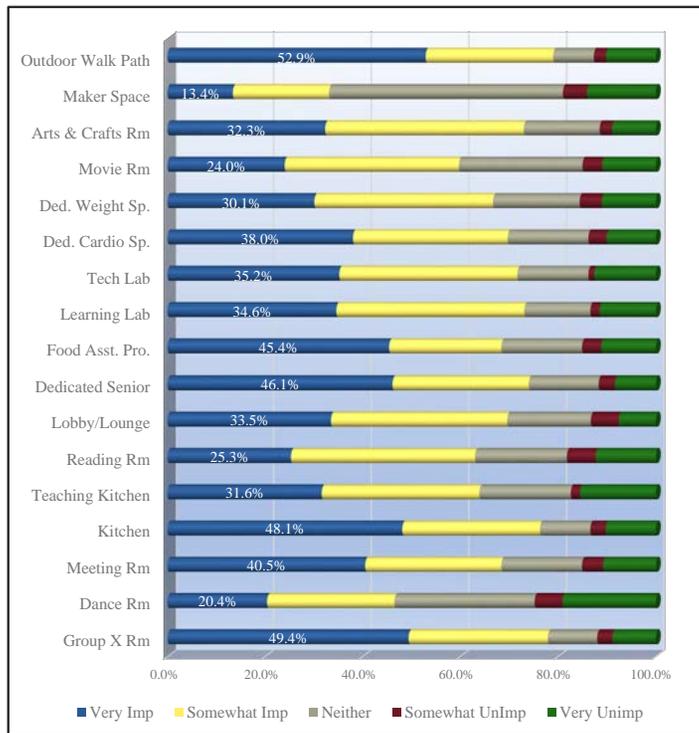


Options	Responses
Very Likely	38
Somewhat Likely	77
Neither Likely nor Unlikely	40
Somewhat Unlikely	14
Very Unlikely	12

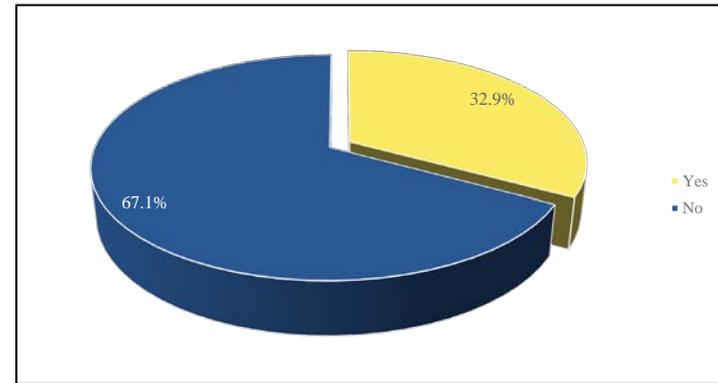
## SURVEY RESULTS



Question #21 – In order to continue offering programs, and expand those programs, the Council on Aging/Pembroke Community Senior Center may need to invest in a new facility(s). Please rate how important each facility component is to your and/or your family?



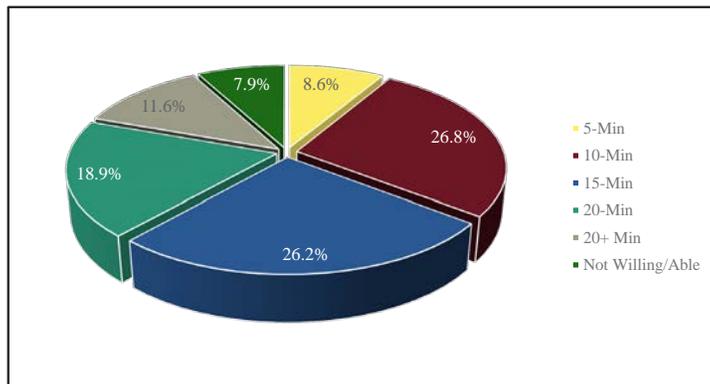
Question #22 – Have you ever traveled to other Senior Centers or Community Centers to participate in programs or utilize the facilities those centers offered?



Options	Responses
Yes	54
No	110



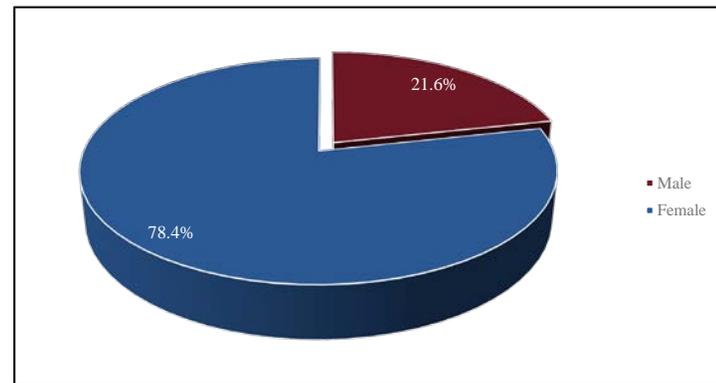
Question #23 – How far are you willing to travel (drive time) to use a facility if it had the amenities and programs that are most important to you and your household?



Options	Responses
5-Minute	14
10-Minute	44
15-Minute	43
20-Minute	31
More than 20-Minute	19
Not Willing or Able	13



Question #24 – Please select your gender?

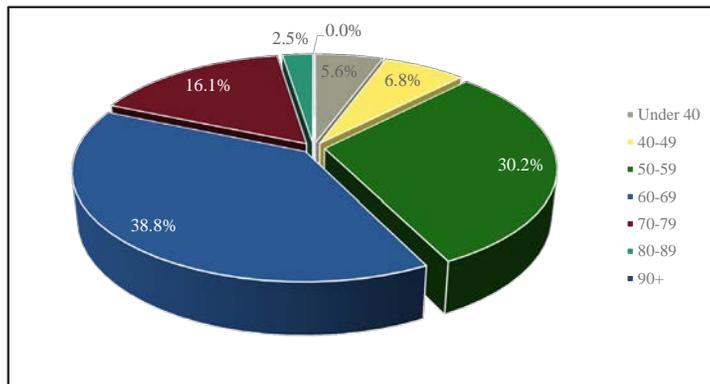


Options	Responses
Male	35
Female	127

## SURVEY RESULTS



Question #25 – What is your age range?



Options	Responses
Under 40 Years of Age	9
40-49 Years of Age	11
50-59 Years of Age	49
60-69 Years of Age	63
70-79 Years of Age	26
80-89 Years of Age	4
90+ Years of Age	0

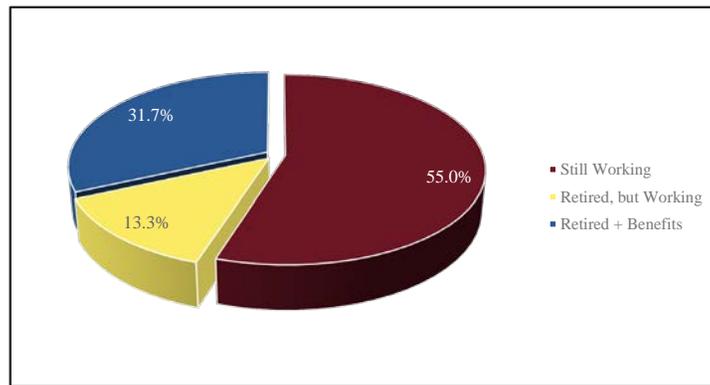


Question #26 – Which of the following best describes your race/ethnicity:

- White/Caucasian – 94.3%
- Asian – 0.0%
- Black/African American – 0.0%
- Hispanic/Latino – 0.0%
- Other – 5.7%



Question #27 – Current employment status:



Options	Responses
Still in Work Force.	87
Retired from Primary Employment, but Still Working	21
Retired from Paid Employment and Collecting Benefits	50



Question #3 – What are your greatest concerns about living in Pembroke as your grow older:

- High taxes
- taxes
- Too much new development. The town is losing its country charm. The center of town is way too over-developed
- OVER DEVELOPMENT, TRAFFIC, POND POLLUTION, LOSS OF TOWN CHARACTER
- Over-development
- Not sure
- Transportation. Senior services.
- Tax increases, lack of services for seniors.
- Staying Independent; avoiding living in an assisted living residence
- winter storms and trees
- Not ending up like Quincy/Weymouth - that is why I moved here. Don't over build. Keep the trees - land - right to farm - wildlife needs to be preserved
- Not being able to afford property taxes as well as the other services, which are included in owning a home
- Lack of community resources
- Life will be good here in Pembroke.
- Taxes
- Not enough activities or volunteer programs for seniors. Discounted rates for seniors regarding help with yard work, home cleaning, repair work, and other services.
- Socializing and convenience access to basic needs
- mobility in the town
- quiet
- transport
- access to services
- Tax increases!!!!
- No sidewalks, not enough places for kids to go independently, no public transportation
- The services available for people aging and people who are disabled
- Affordability
- Loss of drivers license
- Social opportunities & available transportation
- power outages and downed trees
- paying taxes
- Accesability
- Transportation, road Safety, community resources that foster aging in place.
- The ability to get around after giving up your license and have no children.to help hou.
- Increasing taxes.
- Narrow, pot-holed roads. Town facilities off limits to all but the students (high school track)

## SURVEY RESULTS



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- Activities. Access to transportation. Affordable housing for seniors
- Taxes
- There isn't enough senior housing at all
- We will not be taken seriously and not considered eligible to contribute ideas, opinions and our life experiences.
- Will be Too expensive when ibretire
- Being able to stay in our home.
- Access to medical services and day-to-day necessities. Also home maintenance.
- Increase tax bill municipal costs being a financial burden in retirement years
- Cost. Taxes. Not a good place to retire
- Constantly dealing with drunk and high people
- things to do
- none really, I guess if I can't drive, that might be problematic
- Affordability
- Traffic
- Availability of services - Police, Fire, Emergency Shelter Operations, Programs for Seniors.
- Taxes going up.
- COA facility is very small and not many services offered as compared to other surrounding towns' facilities.
- Being able to afford the taxes
- Transportation
- Condo board bullying
- accessibility to programs
- I'm not exactly sure yet
- I'd like to downsize. Perhaps passing along the family home (5 generations) to my children and finding a smaller home. Not much to be had for seniors that's affordable in Pembroke .
- Maintaining an adding to our quality of life, not detracting. More community programs for kids and adults, stronger schools, conserving some of our beautiful parks, and adding strong, but sensible, businesses to our town.
- reasonable taxes
- Accessibility of resources nearby
- Too much traffic
- No sidewalks on rte 36
- Crumbling roads that I've already paid a fortune for. As well as the skyrocketing tax rate. ( This is the reason I don't care if I spend the rest of my life in Pembroke)
- Transportation, aging in place
- Not sure yet
- Lack of support for the COA
- No sidewalks where I live
- Congestion, open spaces dwindling, social media vile, lack of appropriate parenting
- To have open land and. Less new building
- Wasteful spending on pet projects such as waterwheel litigation and using grant money earmarked for the handicap access on installation of the water wheel. Taxes are already high. Taxes going up due to



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- wasteful spending to drive us. out.
- It is getting too crowded. Not enough open space.
- Having a nice place to get together with other seniors. Activities to keep active. Also to be informed of important issues for us seniors. Rising taxes for fixed income residents.
- Senior activities, senior care
- Housing
- That there's acceptable and affordable housing choices.
- property taxes
- Remains a safe and secure place to live, minimal illegal activity, no break ins, drug issues, violence.
- Affordability
- Town is getting to big!!!
- Schools, costs, taxes
- Affordability
- being able to afford to live here
- younger residents not respecting older
- Being able to afford to live in my home. Property taxes are high. And keep going up. The tax rate is much lower in Hingham Marblehead, Manchester by The Sea and several other communities that are considered affluent and we get far less in services than those towns.
- Too isolated, very few services.
- Quality of the schools and overall safety management of Town resources not over building the town tax rates
- Transportation
- No sidewalks to walk
- Reasonable tax rates.
- The schools ratings
- Cost of living
- rising costs, smaller housing, but not sr. apts.
- Maintaining the current community. Affordability and transportation issues pending future needs
- cost of living
- Safety
- Too many new housing developments. Too many solar projects eliminating forests.
- Over population, and it not feeling rural and feeling like a city
- None my family all here but a may want a warmer climate after retirement
- School systems
- Property taxes and fees.
- Increased taxes
- High taxes
- Senior access to health and legal concerns.
- Taxes go up, services deteriorate
- Traffic and congestion
- Lack of public recreational areas for walking that have side wAlks



- Would love to see a senior center
- Taxes and out of control budget
- High property tax.
- Loosing it's farm appeal.
- As I get older, my concerns center on maintaining my independence and keeping a high level of community involvement. Having a walkable green town center features highly in that future.
- Downsizing
- Tax rate
- transportation, snow removal, activities
- Increasing taxes, lack of cohesive infrastructure strategy,
- Taxes
- More and more building
- Having a meeting place to accommodate all the different needs for seniors, not just the younger community.
- isolation and being able to get around in the winter
- Driving, isolation
- increasing cost of living here going to price me right out
- Not enough Fire Fighters
- Nothing It's the teenagers I worry about, they need a rec center
- Traffic
- Tax rate. Need for new people on boards and in elected positions.
- None at the moment
- Drugs
- Taxes/Water/Trash expenses
- Not many activities for mid-range 'seniors'. what about a 'adults only' dance for people 55+?
- Services
- Taxes increasing so I can't stay in my home
- Affordability
- School costs
- Activities, arts, sense of community, clean and safe streets.
- No activities
- We don't maintain our town buildings.
- I don't want to see the over development of the town.
- Lack of emergency services
- There really doesn't seem like there is much to do.
- WE MOVED HERE BECAUSE THIS WAS NICE COUNTRY TOWN, THERE IS TO MUCH DEVELOPMENT GOING ON AND US SENIORS ARE GETTING HIT HARD WITH TAXES WITHOUT MUCH OF ANY BENEFITS.
- Can't afford it
- Property taxes
- Town services for seniors



- Increased traffic on side streets making it dangerous to walk along the roads
- Cost of living.
- Keeping my home of 56 years ! Keeping the taxes affordable for the senior population !
- It will not be affordable: taxes, water, trash, etc. I don't feel confident that correct decisions are always being made by town Boards.
- Rising taxes Deplorable roads Deplorable building in center of town
- Senior center
- That there will be housing for the elderly
- Too much growth
- Winter
- Lack of public transportation
- allowing modernization and housing expansion cause the loss of the small town/country feeling !
- taxes
- Town response services which we find excellent and most helpful.
- Continued improvements to the town: -quality small businesses, i.e coffee shop, good food and atmosphere restaurants, better grocery shopping
- I am very happy at this time with Pembroke. As I get older mobility is top. Community involvement is large.
- Someone to sign meetings as I am hearing impaired.at town meetings.
- Accessibility
- taxes, schools, police & fire
- Too much traffic, too much residential expansion.
- Finding things to do in winter months
- Activities for the teens, someplace to go that has a wide range of activities. Teaching life skills would be awesome.
- A place for me and my kids to enjoy recreation and after school activities.
- Competitive schools
- Affordable taxes
- Cost of living.....taxes, town bills.....
- Crime, drugs, quality of schools
- Being able to stay living in my home
- Don't have any concerns.
- Lack of central him for activities/services
- Taking care of my house
- Access
- The lack of a senior center that is big enough to meet the needs of the growing elderly population.
- Safe community
- Taxes
- Taxes and keeping our home - public transportation
- New Senior center
- Being able to afford housing

## SURVEY RESULTS



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- Real estate taxes
- Taxes
- Taxes! In our household budget we sometimes go back to square one to see what can be eliminated or reduced. The town budget just seems to be added to every year. Maybe town administrators should go back to square one and eliminate or reduce.
- Transportation, activities, social interaction, near medical,
- No place to walk...you need a car to go anywhere
- a place for senior activities
- Growth. Pembroke is growing, which is a good thing (I grew up in Hanson and chose to live in Pembroke). But with growth there needs to be additional services that are sustainable and cost effective.
- don't know
- Taxes, escalating town costs that in turn may price us out of our home
- Things to do...
- The funding for the schools always being cut
- There isn't a sense of central community for kids and families living in Pembroke
- Transportation
- The town does not keep up to date with other towns such as crumbling infrastructure and nothing to bring the town together
- Having a social network
- kidcentric
- Too much heavy industrial business in town (not just in the industrial park)
- Taxes
- Affordable
- The cost to live here
- Transportation when can no longer drive. Activities to pass the day.
- Affordable housing
- Want to see the town keep up with development while also maintaining its small, New England town character
- Resources for seniors. Activities, meal drop offs etc
- Being able to stay in my home & afford the real estate taxes, water bills, trash fees,
- taxes
- If it offers what I would still need
- Housing prices, taxes
- Police and fire stations
- Cost taxes
- Taxes
- access to high-quality community programs that will enable me to stay active
- transportation
- the lack of concern for the seniors in the town. we are going to outnumber the school students very soon.
- None at this time



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**Question #8 – Please identify other activities or services that were not listed in Question 7 that you enjoy which were not identified.**

- Gardening
- bowling
- NONE
- N/A
- Gardenibg
- Wood working / Metalsmithing
- pickle ball-pool table-theater events
- Sex
- Kids activities
- Shopping
- Nothing specific
- none
- none
- gardening
- Non2
- N/a
- Bingo, more day trips
- Gym. Travel not day trips for vacation.
- Farming.
- Nothing
- Musical concerts
- Our daily walks.
- Dog Walking
- Youth sports , hockey
- Motorcycle, boats
- golf
- boating, kayaking
- Golf
- Working, theatre
- N/A
- local sports
- Zumba yard work.
- Being left alone by an ever increasing overreaching Government.
- Like all of them
- Vacation
- Walking



- gardening
- Dedicated Pickelball courts. Indoors and outdoor courts
- Church and being with other people my age
- Yoga
- group trips
- Yoga and cooking
- Coffee shops, farmers market, a bar or exercise studio
- Technology ability to keep up with the changes in software packages
- Lawn care handyman.
- Always wanted learn how to knit / crochet
- Fixing up my house
- Outdoors, hunting and fishing
- Snowmobiling
- Animals
- n/a
- Summer outdoor concerts with good bands
- Stimulating activities that are new to me are always interesting.
- Grandchildren & children
- Na
- kayaking, pottery making
- Well covered
- n/a
- Golfing
- Nothing
- Swimming
- N/a
- fun craft classes, overnight trips.
- Learning
- Classes
- No
- Just a place outside the COA to meet with other seniors just for coffee and chatting, especially for about 8 months of the year it being a place out of doors.
- GARDENING, HORSEBACK RIDING, ANIMALS/PETS
- nope
- Senior center activities: line dance, Singo, art class, etc
- Pottery
- Exercise such a yoga. Book discussion groups
- gardening
- swimming



- Walking, going to the library, shopping, seniors enjoy everything just at a slower place
- Beach
- watching tv
- Beekeeping, raising vegetables and herbs
- Open mic and adult sports leagues
- Book clubs
- Casinos
- Grandchildren
- Dull mens club
- Golf
- Travel and time with grandkid's, who all live in Pembroke.
- I would rather paint than do something called "paining"
- n/a
- Playing and listening to live music
- watching sporting events
- Not sure
- N/A
- Cards, board games
- None noted
- History of Pembroke
- Sleep
- Community service
- Gardening
- Reading
- pickle ball, swimming

Question #12 – What type of programs and amenities would you like to see in Pembroke that could have a positive impact on your current overall physical health?

- A community indoor pool. A new recreation center with a proper playground and town green. Morning child care available. Where are all these taxes going?
- Volunteer work at the cemeteries, particularly for veteran graves
- Exercise classes, yoga, walks/hikes
- Walking groups
- Pool
- Nutritional education.
- Make trails user more user friendly / signage. Hotline for safety issues / concerns on trails.
- paved outdoor walking trails that are not next to traffic

## SURVEY RESULTS



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- work out facilities. New Recreation Center
- Town pool, new community center, opening the track to the public
- Swimming pool
- Dog park for safely walking dog and meeting other dog owners. Swimming for seniors. Yoga for seniors.
- Walking clubs
- walking area indoors
- outdoor events
- weight loss program
- Adult fitness (cardio, yoga, etc) and sports
- I would like to see a pool. Also, activities that are for combined ages. Not just seniors or adults, but together.
- Pool, more sidewalks, center dinner
- Tai Chi in a larger space
- Sidewalks past hobomock, farther down Center street and along school street
- Indoor pool,
- Park with walking trails. Dog park. Sidewalks for walking.
- A safe place to walk. Wider roads. More speed patrols.
- Gym, sidewalks on busy streets (Mountain Ave)
- None
- A town gym
- Safe walking trails, level ground. A pool.
- A clinic in town, easily accessible, with an interest in health care issues of the elderly.
- Sidewalks
- Walking/biking trails. Outdoor ice skating
- Dirt bike areas
- exercise, cards/board games
- a gym facility would be helpful
- Exercise facilities
- Exercise, craft, adult education, safety and community awareness classes. Social get togethers. Tennis and golf lessons. Local crafter demonstrations.
- Gym/swimming pool
- none
- walking paths that are safe
- Pool
- indoor walking trail or pool
- Pool, gym, paved walking...new sidewalks are great. I like being able to park in one spot and walk to different stores
- I think an adult sports group, semi casual, would be beneficial for the 20-50 age group. For kids, I'd like to see an interactive center that can include sports, literature, arts, a large and modern playground, and a small cafeteria.
- walking trails, group sports activities



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- A swimming pool
- Swimming pool, tennis courts, shopping center
- Sidewalks
- Paying less taxes.
- Indoor pool, more hiking trails
- Yoga, healthy cooking, treatment options for certain ailments (ie: meds for arthritis, natural remedies for arthritis)
- Gym
- Sidewalks
- I am happy with the way things are
- Seminars on things such as diabetes, nutrition, etc. Programs where there is interaction between the elderly school children.
- I would like to see the community center torn down and a YMCA places there and behind it a field with paved walking trails and sport field for kids
- gym/pool
- Exercise for seniors that are reasonably priced or free.
- Pool , centralized walking paths not in the woods. Affordable housing single level. Shopping near home that you . . can walk too . im seeing 55 and over community but they all start at 450 to 500,000. How about single level 2 bedrooms bath kitchen living room dont even need basement they we could afford. We have single family home that we could sell but cant afford 55 community its way to expensive!!!!!! So what do we do just keep house getting to old to mow or snow removal. Its very disappointing when you bring up family now its time for you and we are so limited as to what we can do you know.
- Trails, more of them and better maintained and publicized
- Adult courses and book clubs, bridge, cribbage, lawn bowling.
- Ice rink, pool
- A variety of well advertised kids activities (I.e sports, arts and crafts, Girl Scouts, cub scouts) also, Hanson has classes at night for town members.. exercise, computer classes, hobby groups.
- Yoga
- Sidewalks, barre classes, coffee shops
- Walking clubs or running clubs
- Group exercise, water exercise
- Group exercise classes
- A walking club for both indoor and outdoor drowning on season. Light to moderate exercise
- a public gym or a new playground
- Access to the high school track
- YMCA or similar
- Blood draw stations more dr choices
- Pool
- Dog park, track,
- Skate park, ice rink, more options for all ages in the recreation department
- Sidewalks throughout the town.



- Public pool.
- Zumba class
- I like the added sidewalks on Barker and Mattakeesett streets and would like to see more additions to that system to make the town more walkable.
- Walking, excercises, taichi,mindfulness etc.
- an indoor swimming pool, daily yoga/ exercise groups
- Safe community to walk on safe side walks, physically comfortable building for seniors to move around.
- Not sure
- community center
- more excising program at the senior center, if you want to call ita senior center
- Nothing
- A pool!!!!
- Yoga and exercise classes at no cost for Seniors
- Gym
- Health club with equipment for cardio and strength training, nutrition, weight loss, swimming pool, mental health counseling
- healthy cooking classes/demonstrations; tia chi; dances
- Exercise classes, social activities
- A pool or gym
- Pool in senior center
- community gardens
- Swimming
- More recreational areas
- A gym with reasonable rates for Pembroke residents. A place for meetings. A place to meet with friends
- A place where seniors could do exercise together, even a small pool to reduce impact on our bodies.
- Something similar to the ymca
- YMCA
- More walking and biking trails that are in more open areas. Too many are in wooded areas that don't feel safe to walk alone
- Less potholes.
- Don't need anything that will raise taxes !
- Continued senior center and library programs. I enjoy line dancing the most.
- Safer places to walk
- A place for art classes swimming education nutrition trips exercise
- Access to the track that was paid for with tax payers \$.
- Indoor walking track Indoor pool New improved community/seniors enter Modern senior housing on one floor or elevators
- What I enjoy is available. Pleasant places to walk, yoga , tai chi
- swimming and water aerobics
- I am a CrossFit gym owner in Hanover and I feel pretty confident saying that it is one of the most safe and



- successful training programs for all ages. I would like to run a program
- An updated senior ctr. Better access car wise. Pembroke has grown a lot
- Free or low cost elder exercise classes
- signing for the hearing impaired.
- swimming pool senior health center
- Rides to and from doctor and hospital appointments
- A gym with pool
- adult sports (flag football, basketball, racquetball)
- Wellness or preventive services
- Love a nice park to walk, bike, exercise trail(stations). The new sidewalks are great but trash cans are left out 2-3 days making it difficult to maneuver around. Hobomock St.
- Exercise area in community center
- Affordable or free exercise classes
- Community gym/pool
- A pool for water exercise
- Services are in place. - however information on ins and outs of Medicare would be good
- Swimming pool, gym, cooking classes
- Health club and swim pool
- We are fairly active now. So I am not sure.
- Senior fit classes,
- Places to walk safely without worrying about crazy fast drivers
- walking track/trails
- Running, walking, hiking clubs. Safer running trails (i.e. mosquito/tick safe).
- gym with resident prices to use facilities
- Walking group
- N/A
- Indoor pool
- Indoor swimming pool and fitness center
- Nice town gym
- A new senior center/town center with updated amenities is an excellent idea.
- Pool
- Swimming pool
- Pool therapy
- New senior center
- Exercise classes
- Walking groups. Exercise classes
- Mommy and me class
- Local trail walks/hikes, more summer lake activities
- more organized leisure and social activities, more community events

## SURVEY RESULTS



- Community swimming pool
- more exercise classes: nutrition classes: meeting with town officials for "coffee": what's is going on with health care (Medicare).

### What other programs and services not currently offered through the Council on Aging/Pembroke Senior Center would you like to see available?

- VA consults
- Unsure
- diet and nutrition; tax return assistance
- Instead of listing programs I would suggest looking at what the Marshfield senior center programs. computers and computer training. In answer to question #20 Yes, if they improved the environment and updated the facility.
- Swimming
- Like to see a senior center like they have on Plymouth
- Grief support/counseling, non faith related
- I'm really not knowledgeable about what's currently offered so it's a little bit hard to respond to some questions
- I Think they should be advertised better
- N/a I'm not a senior
- More excises programs like a town gym , more physical Therapy for seniors that have had knee replacements or hips
- Cooking demonstrations, new craft presentations, guest speakers
- Cultural and educational activities.
- Seniors having a positive impact on the community. Our seniors are hidden. Would love to see them involved in our community.
- Unsure
- I have not used the PSC as of yet as I work full-time. Am looking forward to using it and its services once I retire next year.
- Not known
- This question is impossible to answer because I have no contact with the Center
- Don't know,
- I currently do not use the COA
- Interesting speakers.
- Not sure
- Doesn't effect me so n/a
- I do not go
- The building is too small and not very inviting. All the surrounding towns have new buildings for the COA. Very dissatisfied with Pembroke's COA.
- I'm not exactly a senior yet but I'm 60
- Water exercise
- I'm not sure what is available now



- educational
- It's not additional services as much as it is that the services currently available would be promoted to the general community more
- need more senior to attend, better building and get up to the future
- Nothing
- More preventive health clinics
- Cooking classes
- Legal services, financial planning, education on retirement, medicare and social security
- dances
- Needs to be less for really old group and more for the recently retired
- Affordable day trips. A regular trip to a pool like the Solar Wellness Pool at New England Village. Or a trip to a health club just for low impact water aerobics. A program to shoe the seniors techniques on how to keep ourselves safe and what to look for before becoming a victim.
- I don't know what is offered
- None that raise taxes !
- A new building more educational in every area
- Something for the younger seniors. Most of the the things offer are for the older generation.
- More informal opportunities for social interaction
- water activities such as water aerobics, and art lessons
- Day trips
- better transportation and better advertising
- More adult education for skills like woodworking, car maintenance, buying a new car, home security, errand delivery.
- Goat Yoga
- Not sure because I don't know what they do offer.
- Not sure what they currently offer
- Don't know
- I am uncertain if senior housing information is available
- More physical activity
- Not sure
- n/a
- More after hours activities,
- N/a
- Nia (world dance activity) book clubs, second language lessons
- Not sure
- Computer classes; formal painting classes; photograph classes; gardening (planting, what will grow in this climate). Author visits (subject to what the seniors are into). More evening programs for fundraisers (for example: dances or mystery plays). Golf tournaments. Trips to walking areas.



**Thank you for taking the time to complete this survey, the information you've provided is important as we look to the future and how we best meet the needs of the community. If there is any other information you would like to share, please use the space provided.**

- The current senior center needs to be updated. It would be a benefit to encourage the younger seniors to participate. Seniors are not your old unable to do anything seniors. We are fit take care of ourselves and want a center that provides services that we can enjoy.
- I am grateful to hear that this is something that's being addressed now
- none
- Incorporate a new community center with a senior center
- All available spaces at the library should be opened for study use. Like the high school track, our taxes pay for spaces we cannot use unless we have an organized event. At least two rooms at the library are locked and used only for committee meetings and in the meantime, the library is too loud to study in. A lounge open during all Sr. Center hours as a quiet space to escape the heat without a requirement for a club or committee is a good idea.
- I feel that the town needs a better place for seniors in this town and more housing for them and we also should have a place that they can get help with there physical therapy if they need it . This town is a great town but there isn't enough senior support or things for them to do . Never mind there is 3 senior living places and they are filled with more young disabled adults then seniors and I am not against them living in them but we need more units for seniors there should t be such a wait list for these senior that have raised there families and have lost thrrr house due to taxes . It's just not fair we need to tAke care of the seniors in this town . This town again is great but the town officials need to get there heads out of there asses and Top spending money on stuff we don't need and vote and get on board with community center task force. That community center building is disgusting and should be ripped down . I don't even know how the state or town can let a preschool in it . Again just my option
- Please explain what "maker spacer" is!
- I would love to see a good facility for the Sr Citizens of Pembroke but it does not need to be the Taj Mahal. A decent upgrade would suffice. I am more worried about being able to afford the taxes in Pembroke than anything else I would rather more emphasis go towards the Pembroke Library
- Of all the Senior Ctrs we visit Pembroke's is the poorest in size, offerings and staff friendliness
- How about fixing the roads?
- All set
- I would like to see the community center torn down and a YMCA places there and behind it a field with paved walking trails and sport fields for kids similar to Forge Pond in Hanover
- I think the survey was too focused. Never asked if I had children and it only focused on the needs of the senior citizens in the community if your going to build a new community center it needs to serve all ages. In addition the town has been talking and meeting about this for over 20 years and nothing is ever done. I like many residents will be concerned about taxes. However if a good plan with the benefits and a plan to actually fund it not just meet and say it costs the same to fix the current or build new again and do nothing is frustrating. And why haven't the town manager and selectman done anything about looking into grants for funding.
- I would love to make pembroke feel more quaint... the center needs a big upgrade and I think this would really help.
- Your welcome
- No
- Youth programs needed as well



- There needs to be a dedicated liaison between the task force and the COA. Kyle Harney would be an excellent choice for this role as he seems to communicate favorably with both organizations.
- I did not put a lot of importance on a reading room because we have a beautiful and vibrant library. I also think the library has a great meeting room and it is a great resource for seniors.
- I support a privately owned and operated Community Center.
- Nothing
- Great survey!
- I'd love a new center but my taxes have doubled in 8 years, double again in the next 8years and I'll be unable to pay them
- Nothing
- Thanks
- I have lived in Kilcommond for 10 years now, and in that time I have read every news letter from cover to cover. I have the general sense that little really changes. The trips are newer, but are far from affordable on my pension. Everything seems so sedate. Even the people that play and sing seem to always be the same. I need to feel a vibrancy in ideas and activities.
- LOSING OUR OPEN LAND
- Question 6 needs the option to choose spouse with children and spouse with children and adults and spouse with children, adults and others.
- Why would there be computer labs at senior center when there is one at library?
- As you can see, I think a pool would be very important to seniors. I realize it is expensive, but it would be wonderful
- Senior housing in the old community center space would be great!!!!
- more funding for education, police, & fire services
- Seniors need help to run small errands or do basic home maintenance (change a lightbulb, alarm battery, put up blinds, replace a mailbox knocked down by town snowplows).
- Get this done ASAP! The current rec building is bad.
- I have disabilities and 59 my husband is 66 looking for work. SSDI and SSRI isn't enough to live on and we are raising our 7 yr old granddaughter
- survey is too long
- We dont have children and our taxes have doubled since I first came here. It sounds wonderful that you want a new senior center, by the time I can use it I feel I will be taxed out of pembroke so wont be able to enjoy it. Maybe do fundraising or ask for donations or Grant's. Have town employees pay 50% of health care like other people. Stop making positions telling us they will be grant writers and it doesnt happen. Dont allow the old boys club to run the town and be more apparent. I know only so many will volunteer, but I've tried and you're not a welcoming group. I would like my taxes used better.
- Why is there only 1 bathroom at the Senior Center. I went there one time and needed to use the facilities; had to leave.
- Would be willing to work on a committee to make this new center happen
- Senior Center should have bathrooms with better access. High school should be better involved for community service.
- Many seniors still working into their seventies. Adding early evening programs would be nice maybe light dinners included.

