

**Medical Costs: Sorted by Gender****Percentages of Respondents**

	Female	Male	No Response	Total
Very concerned	9.7%	12.7%	19.5%	11.2%
Concerned	12.2	9.4	7.3	11.0
Somewhat concerned	15.4	17.6	2.4	15.7
Not concerned	43.9	48.3	9.8	44.4
No response	18.8	12.0	61.0	17.7
Total	59.8%	36.8	3.4	100.0%

**Medical Costs: Sorted by Age****Numbers of Respondents**

	60 – 64	65 – 74	75 – 84	85 and Over	No Response	Total
Very concerned	27	50	40	12	7	136
Concerned	28	55	36	12	3	134
Somewhat concerned	41	63	77	10	1	192
Not concerned	127	218	140	55	1	541
No response	30	73	71	23	19	216
Total	253	459	364	112	31	1,219

**Percentages of Respondents**

	60 – 64	65 – 74	75 – 84	85 and Over	No Response	Total
Very concerned	10.7%	10.9%	11.0%	10.7%	22.6%	11.2%
Concerned	11.1	12.0	9.9	10.7	9.7	11.0
Somewhat concerned	16.2	13.7	21.1	8.9	3.2	15.7
Not concerned	50.2	47.5	38.5	49.1	3.2	44.4
No response	11.8	15.9	19.5	20.6	61.3	17.7
Total	20.8%	37.6	29.9	9.2	2.5	100.0%

**Food and Clothing: Sorted by Gender****Numbers of Respondents**

	Female	Male	No Response	Total
Very concerned	15	9	3	27
Concerned	23	12	2	37
Somewhat concerned	43	33	2	78
Not concerned	424	302	6	732
No response	224	93	28	345
Total	729	449	41	1,219

**Percentages of Respondents**

	Female	Male	No Response	Total
Very concerned	2.0%	2.0%	7.3%	2.2%
Concerned	3.2	2.7	4.9	3.1
Somewhat concerned	5.9	7.3	4.9	6.4
Not concerned	58.2	67.3	14.6	60.0
No response	30.7	20.7	68.3	28.3
Total	59.8%	36.8	4.4	100.0%

**Food and Clothing: Sorted by Age****Numbers of Respondents**

	60 - 64	65 - 74	75 - 84	85 and Over	No Response	Total
Very concerned	5	11	7	2	2	27
Concerned	12	12	10	2	1	37
Somewhat concerned	22	33	18	5	0	78
Not concerned	176	291	198	64	3	732
No response	38	112	131	39	25	345
Total	253	459	364	112	31	1,219

**Food and Clothing: Sorted by Age****Percentages of Respondents**

	60 – 64	65 – 74	75 – 84	85 and Over	No Response	Total
Very concerned	2.0%	2.4%	1.9%	1.8%	6.5%	2.2%
Concerned	4.7	2.6	2.7	1.8	3.2	3.1
Somewhat concerned	8.7	7.2	4.9	4.5	0.0	6.4
Not concerned	69.6	63.4	54.4	57.1	9.7	60.0
No response	15.0	24.4	36.1	34.8	80.6	28.3
Total	20.8%	37.6	29.9	9.2	2.5	100.0%

**Home Heating: Sorted by Gender****Numbers of Respondents**

	Female	Male	No Response	Total
Very concerned	58	46	5	109
Concerned	61	35	3	99
Somewhat concerned	97	63	1	161
Not concerned	354	253	4	611
No response	159	52	28	239
Total	729	449	41	1,219

**Percentages of Respondents**

	Female	Male	No Response	Total
Very concerned	7.9%	10.2%	12.2%	8.9%
Concerned	8.4	7.8	7.3	8.1
Somewhat concerned	13.3	14.0	2.4	13.2
Not concerned	48.6	56.3	9.8	50.1
No response	21.8	11.7	68.3	19.7
Total	59.8%	36.8	3.4	100.0%

**Home Heating: Sorted by Age****Numbers of Respondents**

	60 – 64	65 – 74	75 – 84	85 and Over	No Response	Total
Very concerned	16	46	35	5	7	109
Concerned	19	31	39	7	3	99
Somewhat concerned	40	51	63	7	0	161
Not concerned	149	258	145	57	2	611
No response	29	73	82	36	19	239
<b>Total</b>	<b>253</b>	<b>459</b>	<b>364</b>	<b>112</b>	<b>31</b>	<b>1,219</b>

**Percentages of Respondents**

	60 – 64	65 – 74	75 – 84	85 and Over	No Response	Total
Very concerned	6.3%	10.0%	9.6%	4.4%	22.6%	8.9%
Concerned	7.5	6.8	10.7	6.3	9.7	8.1
Somewhat concerned	15.8	11.1	17.3	6.3	0.0	13.2
Not concerned	58.9	56.2	39.8	50.9	6.4	50.1
No response	11.5	15.9	22.6	32.1	61.3	19.7
<b>Total</b>	<b>20.8%</b>	<b>37.6</b>	<b>29.9</b>	<b>9.2</b>	<b>2.5</b>	<b>100.0%</b>

**Emergencies: Sorted by Gender****Numbers of Respondents**

	Female	Male	No Response	Total
Very concerned	57	28	3	88
Concerned	68	39	0	107
Somewhat concerned	132	88	3	223
Not concerned	300	219	5	524
No response	172	75	30	277
<b>Total</b>	<b>729</b>	<b>449</b>	<b>41</b>	<b>1,219</b>

**Emergencies: Sorted by Gender****Percentages of Respondents**

	Female	Male	No Response	Total
Very concerned	7.8%	6.2%	7.3%	7.2%
Concerned	9.3	8.7	0.0	8.8
Somewhat concerned	18.1	19.6	7.3	18.3
Not concerned	41.2	48.8	12.2	43.0
No response	23.6	16.7	73.2	22.7
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Total	59.8%	36.8	3.4	100.0%

**Emergencies: Sorted by Age****Numbers of Respondents**

	60 – 64	65 – 74	75 – 84	85 and Over	No Response	Total
Very concerned	22	32	23	7	4	88
Concerned	26	38	34	8	1	107
Somewhat concerned	46	69	81	26	1	223
Not concerned	126	226	128	43	1	524
No response	33	94	98	28	24	277
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Total	253	459	364	112	31	1,219

**Percentages of Respondents**

	60 – 64	65 – 74	75 – 84	85 and Over	No Response	Total
Very concerned	8.7%	7.0%	6.3%	6.3%	12.9%	7.2%
Concerned	10.3	8.3	9.3	7.1	3.2	8.8
Somewhat concerned	18.2	15.0	22.3	23.2	3.2	18.3
Not concerned	49.8	49.2	35.2	38.4	3.2	43.0
No response	13.0	20.5	26.9	25.0	77.5	22.7
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Total	20.8%	37.6	29.9	9.2	2.5	100.0%

**Responses to Question 22: Concerns about Being Able to Pay Bills**

Not concerned about any items listed: 406 (33.3%)

Concerned about only one issue: 71 (5.8%)

Very concerned about all the items listed: 14 (1.1%)

No response to any of the items listed: 75 (6.2%)

**Answers to Question 26: Education: Sorted by Gender****Number of Respondents**

	Female	Male	No Response	Total
High school	180	58	4	242
Trade school	16	16	1	33
Some college	148	56	4	208
BA or BS	157	106	3	266
Masters degree	136	86	2	224
Doctorate	42	100	0	142
Other	26	9	0	35
No response	24	18	27	69
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Total	729	449	41	1,219

**Percentages of Respondents**

	Female	Male	No Response	Total
High school	24.7%	12.9%	9.8%	19.8%
Trade school	2.2	3.6	2.4	2.7
Some college	20.3	12.5	9.8	17.1
BA or BS	21.5	23.6	7.3	21.8
Masters degree	18.7	19.1	4.9	18.4
Doctorate	5.7	22.3	0.0	11.6
Other	3.6	2.0	0.0	2.9
No response	3.3	4.0	65.8	5.7
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Total	59.8%	36.8	3.4	100.0%

**Education: Sorted by Age****Numbers of Respondents**

	60 – 64	65 – 74	75 – 84	85 and Over	No Response	Total
High school	32	69	100	38	3	242
Trade school	6	11	10	5	1	33
Some college	31	81	68	28	0	208
BA or BS	66	98	84	15	3	266
Masters degree	67	106	40	11	0	224
Doctorate	37	69	29	4	3	142
Other	11	5	16	2	1	35
No response	3	20	17	9	20	69
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Total	253	459	364	112	31	1,219

**Percentages of Respondents**

	60 – 64	65 – 74	75 – 84	85 and Over	No Response	Total
High school	12.6%	15.0%	27.5%	33.9%	9.7%	19.8%
Trade school	2.4	2.4	2.7	4.5	3.3	2.7
Some college	12.2	17.6	18.7	25.0	0.0	17.1
BA or BS	26.1	21.3	23.1	13.4	9.7	21.8
Masters degree	26.5	23.1	11.0	9.8	0.0	18.4
Doctorate	14.6	15.0	8.0	3.6	9.7	11.6
Other	4.3	1.1	4.4	1.8	3.3	2.9
No response	1.2	4.4	4.7	8.0	64.5	5.7
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Total	20.8%	37.6	29.9	9.2	2.5	100.0%



# **Respondent Comments about Programs, Services, and Other Issues**

## **Programs Seniors Would Like to See Offered**

### **Arts/Crafts/ Ceramics**

- Art classes in outdoor quick sketching (in good weather only).
- Embroidery, textile arts.
- I think I could settle for ceramics, but would prefer pottery.
- Crafts.
- Sewing class.
- Needlepoint.
- Ceramics with a wheel.
- Crocheting.
- Studio facilities for ceramics.
- Oil painting classes.

### **Card/ Board/Table Games**

- Poker.
- Cribbage.
- How about Ping Pong!
- Regular card parties with (?) men too. Poker, rummy, etc.
- Poker.
- Board games.
- Chess lessons. Actually all of these (those listed) sound wonderful.
- Chinche.
- Learning to play Bridge.
- Scrabble, boggle, backgammon.
- Mah Jong.
- Duplicate Bridge.
- Chess.
- Mah Jong.
- Card playing, like whist, pinochle.
- Poker.
- Table tennis – use ping pong table.
- Bingo once a week.
- Chi Gong.
- Cribbage.

### **Bake Sale/Garage Sale**

- How about a cake sale, cookie sale, etc.?
- I would like to have a "garage sale" at the Senior Center so that both the Center and the seller benefit (for instance, coats, skirts, jackets, etc., in very good condition).

### **Computer Classes**

- Computer classes useful for Apple computers.
- Computer classes to cover the use of Apple computers.
- I went to a few computer classes at the senior center but was not happy with the instructor. He is a nice man, but not very organized to teach. I would return to a more serious class.
- I also think that anything that can be done to get all seniors, esp. the older ones, on computers is a real service. A town program where "obsolete" computers could be donated to elders for home use, plus training, would be wonderful to ease any lonely days and give access to info.
- Computer mentors – one-on-one in home at home computer.
- Computer access.
- Lesson on my laptop computer.

### **Cooking Classes**

- Cooking classes with vegetarian recipes.

### **Discussion Groups/Lecture Series**

- Book club.
- Book club.
- Political discussion and organizing.
- Current affairs group discussions.
- Local political awareness group. Perhaps there could be seniors room in main library.
- Discussion group on national/local/international issues.
- Conversation/discussion re: local affairs (political, etc.), religious/cultural/sports/current events – events.
- A senior group at the League to discuss possible special interests of seniors – or do you have that already?
- Discussions on town-wide issues.
- Civic/electioneering.
- Legal advice
- Financial, law, etc.

### Drop-In Center

- At 86 with very poor walking, I would enjoy just getting to a place where I would meet and talk to others, but it would need to be very close to public transportation for me to be able to participate. I read 6-8 books per week and did volunteer work for five years at Waverley before my problems began. Before that I was a volunteer at Stillman Infirmary at Harvard Health Services for eight years.
- Any of the above would be nice – I guess just meeting and being with others is fun.
- A drop-in center that is open at night. The nights are very long when we all live alone.
- Drop-in center at new senior center.

### Exercise/Fitness

- Strength building and stretch exercises.
- Exercise equipment.
- A fully equipped exercise center is essential -- workout facility, weight machines, treadmills, aerobic machines.
- Would like easier access to a health club (I go to Waltham), and reduced rates for using them in daytime.
- Aqua aerobics.
- Aqua aerobics.
- Reliable aerobic swim program.
- Senior Center with a full gym. A gym with a treadmill and exercise machines – exercise bikes and strengthening.
- Meditation.
- Meditation.
- Water aerobics at the High School pool.
- Some sort of physical therapy program perhaps combined with strength and flexibility that would include occupational therapy skills – i.e., lifting, carrying (not injuring yourself).
- Any exercise activity.
- I bike a lot. The more bike paths, bike lanes, easy street crossings the better.
- Exercise – besides Yoga and Aerobics.
- Yoga for younger seniors.
- Some form of speed walking – so when they try to cross very poorly protected roads, they will not get run over by very fast-traveling cars, trucks, and buses – like the poor senior who got killed because she was too slow.
- Would like a room equipped with exercise and weight-training machines.
- Gym.
- Water aerobics – with an instructor.
- Aerobics is great.
- Aerobics for men and women.
- I would like classes to be offered, also exercises, for those seniors who also work.

- Free admission or discounted admission to Belmont swimming pools.
- I am sure Belmont seniors would benefit from strength training.
- Half hour aerobics, half hour exercises.
- Slow exercise for people with arthritis.

### **Foreign Languages**

- Spanish language classes.
- Spanish language classes.
- Would like French courses.
- Foreign languages: French, Italian, Spanish, Russian, Arabic.
- Spanish language lessons.

### **Gardening/Flower Arranging**

- Window sill gardening flowers. Maybe a small section to learn to grow flowers from cuttings and seed.
- For gardening, container gardens.
- Specific to Waverley Oaks and Sherman Gardens: Could Garden Club take over gardens here for seniors? Means so much to us – also contributions asked for (in memory of) Gardens for Seniors. Many people here need lovely places to sit in good weather. A man at Waverley Oaks does it (gardening) at his own expense. He is on moderate means.
- Floral arrangement.
- Flower arranging.
- Would be willing, possibly, to offer garden advice to elders on how to redo garden to make less difficult to maintain. I did some design work for community garden in Dorchester. [Fails to give us any further information, so can't follow up]

### **Intergenerational Programs**

- Think a mentoring program for middle school age group might be good for seniors and young people.
- Intergenerational/civic opportunities for seniors.
- An intergenerational aerobics program, where a senior can have a pre-teen “buddy” with whom exercise and good nutrition can be learned. Nutrition and exercise are very important for all ages, and the increase in high blood pressure and Type 2 diabetes among young people really needs to be addressed.

### **Library**

- I would like to see Belmont emulate the Newton Public Library in the number of free lectures, travel talks, and concerts/recitals that they have.
- A branch library at the Senior Center would be ideal.
- Library – more books on tape needed for visually impaired.

- The Waverley Library is very important as I can walk to it. The Library is the only thing of interest in Waverley district. Save the Library at Waverley.
- Books on tape.
- Not enough current VHS (movies) in our library.
- Re: the questioning of “mixed (?) use” for the proposed Senior Center – note the Adult Day Care option, and the value of incorporating a branch library.
- Branch library should be part of Senior Center.
- Keep a branch library in Waverley area. I hope to see a new senior center.
- Do not want to have the branch library leave the Waverley area; they need to find a new space for it, after Fire House is sold.
- Senior citizen delivery for library.
- The library [category in list] is misleading since the living room in the Senior Center has books to lend but is not the real library I want – advocate a [real] library at new senior center.
- Library is most important!!

### **Life-Long Learning**

- I think we need to have more interesting classes to keep the mind active and interested.
- There are some serious gaps in my education in areas that didn't seem critically important in H.S., college and grad. programs, and now I feel these gaps enormously. They are all in the science and math domains. Perhaps courses could help but what would be more efficient would be opportunities for conversation, discussion, question and answer with an expert retired senior citizen.
- Continue life-long learning programs run by seniors.
- Possibly philosophy or history lectures.
- Institutes for Learning in Retirement are active at Harvard, B.C., and Tufts. From involvement at both B.C. and Harvard, it seems to me that an I.L.R. could be organized by Belmont and the local authorities. Thank you for your concern, which is much appreciated.

### **Line Dancing**

- No longer go to line dancing. Used to go to classes, but present teacher does not teach the line dances we want to do.
- We need a better teacher than we have for line dancing.
- Would like a better line dancing teacher.

### **Money Management**

- Investment lecture.
- Investment advice.
- Money management courses (not just stock market), including inheritance, trusts, etc.

### Music Programs

- The Newton Public Library has free classical music concerts (piano, quartets, etc.) often, using talented Newton resident musicians. It would be nice to have this in Belmont.
- Piano lessons.
- Musical workshop.
- Musical entertainment.
- Music lessons.
- Music appreciation.
- Get-togethers for people who play instruments (piano, guitar, banjo, etc.).
- Amateur music group.
- Stories of the operas.
- Concerts of the Big Band music – e.g. Glenn Miller, Benny Goodman, . . . (?), Tommy Dorsey, etc.

### Photography

- I have seen many people using the new digital cameras. I would love to buy one but I have no idea how to get them into my computer or put them on a CD. I would attend classes on this subject if they were available.

### Play Reading/Drama

- Drama group? – of course, have some of these things available in the summer – easiest time to get around – no snow/sleet.
- Play-reading group. Acton has one.
- Play reading group.
- Group participation in the reading of plays.

### Social Activities/Dancing

- A club activity and possibly cocktails for socializing with friends.
- Social dancing for seniors.
- Plan on weekend activities – many “younger” seniors still work, and other responsibilities. Consider sponsoring some dances, “pick-up” instrumental concerts by seniors.
- Ballroom dancing and lessons.
- A classic (?) dance class. We need a new dance teacher.
- Several dinner/dances (DJ) per year at reasonable cost for single and coupled seniors, together with possible themes – Valentines, St. Pats., etc.
- Ballroom dancing lessons and dances. Evening drop-in/social activities.
- Food and wine group. Singles events/ “dating” service.
- Men’s group, veterans group.

- Pot luck suppers, informal talent shows with seniors providing the talent, scrabble evenings, poetry slams (?). I wish we had a pub or at least a drop-in coffee bar.
- Pot luck dinners.
- Group luncheons at various restaurants (local).
- Pot luck dinners.
- A lunch room where people can meet and socialize – after lunch – perhaps a little entertainment of some sort.
- Single dances for seniors 50 and up.
- Coffee/chat group.
- Special events.
- Have holiday parties.
- Club-like social get-togethers.
- Pot-luck dinners

### **Special Needs Programs/Handicap Accessible**

- Inclusion of handicapped individuals. Other communities include handicapped in activities, or have an active Council for Handicapped. I would like to see and use such a program.
- Activities for people with MACULAR DEGENERATION.
- Programs for the blind.
- Handicap access to programs. Senior Center – combined in building with Library access. Senior Center for all and not “welfare or low-income oriented.” I have a problem walking.
- All programs and activities need to be fully wheelchair-accessible, including outings/trips.
- Easy access for the handicapped. Important to be able to park and enter building. Having health problems now, but hoping to improve.

### **Sports/Outdoor Activities**

- Ice skating, swimming classes.
- Golf.
- Golf outings.
- Hiking group!
- Tennis.
- Golf lessons – time to show us how to swing club carefully. Golf days at clubs that the elderly can afford.
- Active sports: tennis, softball, soccer, hiking.
- Ice skating and ski trips.
- Senior snow skiing trips and ice hockey program.
- Pair up tennis players.
- Golf trips.
- Senior softball and/or tennis.
- Golf.

- Golf instructions, discount golf rates, golf league.
- Firing range, archery.
- Hiking group.
- Bicycle trips.

### Travelogues

- Armchair travel – reports and slides from trips.
- Travelogues.

### Trips

- Sometimes a trip to a local restaurant by Belderbus for some, cars for others (carpool).
- Bus to Boston Symphony.
- Trips to Kennedy Library lecture series; Museum of Fine Arts film series; opera trips to Boston opera and Met/NY City opera in NYC.
- Restaurant, night club visits.
- Foxwoods/Mohecan Sun day trips. Shopping trips (ex. Nordstrom's).
- Trips to Red Sox games.
- Affordable day trips.
- Visit historical sites.
- Trips.
- Local walks of historical areas.
- Trips with active, involved positive seniors.
- Day trips that do not emphasize meals or shopping.
- Not too expensive overnight trips.
- Day trips to Christmas tree store and lunch. North or South Shore malls and lunch. Casino day trips. Theater trips to "local" plays, e.g., Stoneham Theater, etc.
- More choice on museum visits. More choice on symphony series.
- Would like to see more day trips, sightseeing, good restaurants, no entertainment. Have ideas to organize own bus trips – making it even cheaper and more money for Senior Center instead of choosing what's being offered. [Gives us her name if we want to follow up on this]
- Duck tour. Misses . . . ? museum.
- We [she and her husband] would like some programs during weekends.

### Volunteering Opportunities

- Providing seniors with a sense of self, dignity through the opportunity to volunteer the remarkable skills they have gained over a lifetime, e.g. teaching, accounting, gardening, investing, museum docent, computers, language, photography, etc.
- Tutoring students and SAT prep. If you modeled the latter like for-profit SAT prep, it could be a huge money raiser for the Senior Center.