

What the Project Delivers: Design Details

The proposed Hingham Center for Active Living (HCAL) building is organized around the programs and services offered at the Center. The design process began by identifying the activities that take place at the Center and the types of spaces required to support them. These include scheduled classes and events, drop-in activities, health and wellness services, counseling and outreach, and outdoor programming.

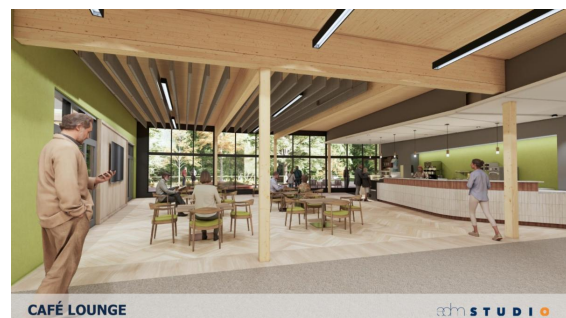
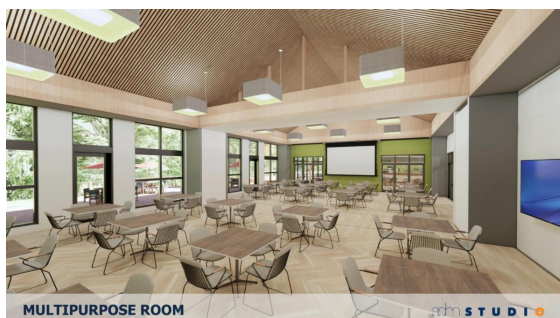
A Building Organized Around Programs

The proposed building includes a range of dedicated and flexible spaces designed to support different types of activities. These spaces were developed through program analysis, staff interviews, and community input to understand how the Center is used today and how programming may evolve in the future.

Examples of spaces included in the design include:

- A **multi-purpose room** designed to support events, educational programs, support groups, and community gatherings
- A **classroom and teaching kitchen** for educational programming, nutrition workshops, and **cooking courses and demonstrations**
- A **media room** designed for lectures, films, performances, and virtual programs
- **Art studios and maker spaces for creative classes and open studio programming**
- **Fitness and exercise spaces designed specifically for movement classes and low-impact exercise**
- **Games and social rooms for activities such as cards, board games, and small group gatherings**
- **Health and wellness consultation rooms for screenings, counseling, and professional services**

Together, these spaces allow the Center to support a wide range of programming throughout the day.



Improving How Space Is Used

In the current facility, most activities take place in a small number of shared rooms. Because these spaces were not designed for specific programs, staff must schedule activities based on which room is available rather than which room is best suited for the activity. This limits participation and makes it more difficult to run multiple programs at the same time.

The proposed design organizes rooms based on the type of programs they are intended to support. Dedicated spaces are included for activities such as classes, fitness programs, lectures, arts programming, social day program, and group events. This approach allows programs to be scheduled more consistently and improves how the building functions throughout the day.

The design also supports services that are part of the Center's broader mission, including health and wellness programming, transportation coordination, nutrition programs, and outreach services. These services provide resources and support for older adults and their families in the community.

Outdoor spaces are also included in the design to support activities such as walking programs, gardening, and outdoor classes.

The proposed Center for Active Living design is based on the programs and services the facility is expected to support. By identifying the types of activities offered, the number of participants involved, and the space needed for those activities, the project team developed a building layout organized around daily operations. This approach helps ensure the facility can support current programming while providing space for the range of services and activities offered at the Center.

Please Join the Conversation

The CAL project is the product of thoughtful community conversations and shared goals. As we move forward, your voice matters. We will be engaging you throughout the process and look forward to your questions and feedback. Visit the project website for up-to-date information—and sign up below to get these newsletters sent to your inbox.

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[CAL Building Project Website](#)

Center for Active Living Building Committee: Tom Carey (Chair), Beth Rouleau (Vice-Chair), Vicki Donlan, Joseph Kelly, Paul Healey, Jean Silverio, Steve Young, Jennifer Young (CAL Director, ex officio, non-voting member)

Council on Aging (COA): Joe Nevins (Chair), Sara Smithson (Vice-Chair), Rory Earley, Ethel Franks, Karen Johnson, Lucinda King-Frode, Leon Merian, Joshua Ross, Jean Silverio, Elaine Ward, Megan Hansen

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