

# Recreation, Leisure and Aging in Douro-Dummer

Students: Trevor Turkington, Jennifer Blair, and Nichola Bendle

Supervising Professors: Heather Nicol and Peter LaFleur

Host Supervisor: Martina Chait

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## Purpose:

The Township of Douro-Dummer is in a state of demographic change with an increasing number of its residents falling into cohorts of forty years and older. The expectation is that the research will aid in making decisions going forward that will result in the promotion of a more active and healthy lifestyle for Douro-Dummer residents. The aim of the Township is to meet the recreation and leisure needs of the current residents, while making Douro-Dummer attractive to new residents as well.



Town Hall Meeting



## Methodology:

### Advertising:

In order to promote the project to the community and encourage participation, an add was placed in the Douro-Dummer news. The students also set up an information booth at a local arena on January 6<sup>th</sup> to invite residents to the Town Hall Meeting and hand out Surveys. An incentive was offered to those who participated in the form of an entry ballot for a draw to win one of four \$50 gift cards to the local grocery store.

### Surveys:

Mail out surveys were used to gather both Qualitative and Quantitative data of Recreation use in the community. Of 100 surveys sent out, 44 were returned for analysis.

### Town Hall Meeting:

A town hall meeting (left) was held on January 7<sup>th</sup> to allow residents to discuss their needs and opinions about recreation in the community in an open forum. 17 guests arrived and participated in the discussion.

### Interviews:

The host provided contacts for 12 individuals with in depth knowledge of recreation in the community of which 7 key were interviewed. Their intimate connection with recreation and leisure allowed for in-depth understanding of community members needs.

## Preliminary Findings:

- Ice Arenas are most well know and most frequently used
- The swimming areas were considered to be in poor condition but receive high percentage of use
  - Increasing accessibility and maintenance is required
- Senior exercise classes are popular
  - Potential to increase local classes
- Most respondents were unaware of the Basketball net
- Recreation is “Extremely Important” to residents, the future is promising.

## Next Steps:

- Research economic feasibility of possible suggestions to the township.
- Report findings to host organization, including suggestions for further research.

