



## **TOWN OF CUTLER BAY**

**2020-06**

**State Legislative Session**

**Funding Request(s)**

**PROJECT:**

**CUTLER BAY  
ACTIVE ADULT SERVICES**





## Office of the Town Manager

Rafael G. Casals, CFM, ICMA-CM  
Town Manager

### Cutler Bay Active Adult Services

**Amount of Request:** \$100,000  
**Town Match (In-Kind):** \$50,000  
**Total Project Cost:** \$150,000

**Contact Person:** Rafael G. Casals, Town Manager  
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The Town of Cutler Bay is requesting \$100,000 assist with the planning and implementation of the Active Adult Services Program. This project is a result of recommendations made in the Town's Age-Friendly Action Plan and Adopted Strategic Master Plan (October 2014). The goal of this project is to assist the Town's adults ages 55+, in aging in place while enjoying an active lifestyle that will keep them connected with the local community.



#### Project Summary

The Town has identified four (4) components to the Active Adult Services Program;

- **Community Outings:** The Town seeks to coordinate at least one (1) activity for Active Adults per month. The Town currently coordinates regular cultural outings in collaboration with the South Miami-Dade Cultural Arts Center and the Arthur. During these events, Active Adults attend various stage performances, demonstrations with artists, art exhibits and other cultural events.
- **Community Based Recreation:** In 2015, the Town hired a full time Adult Programs Coordinator. The Town hopes to expand our service program by coordinating events at the seven (7) Older Adult Housing Centers located in the Town of Cutler Bay. Programs will also be offered at local parks for the benefit of Active Adults that live in single family homes. Recreational activities may

include; dominoes, card games, educational workshops (i.e. computer skills, understanding technology, health management), low-impact exercise, etc. The Town has established a great working relationship with the local housing facilities and they have agreed to provide space for the Town to provide the on-site programs. In addition to this, the Town will host monthly field trips to attractions throughout the tri-county area (Monroe, Miami-Dade, Broward Counties). Past trips have included; Metro Zoo, Miami Marlins Baseball Game, Pinecrest Gardens, etc. All of these activities are provided free of charge to the participant.

- **Florida State Senior Games:**

Each year during the month of October, the Town hosts the Cutler Bay Senior Games. The Senior Games movement first commenced in Florida in 1974 and was spearheaded by the Florida Sports Foundation. The Senior Games is a multi-sport event program for adults ages 50 and over. The Cutler Bay Senior Games is sanctioned by the Florida Senior Games, which means participants may qualify to participate in the Florida State Games, which are generally held in December at a central location in Florida. Participants from as far north as West Palm Beach and as far south as Key Largo participated in thirteen (13) different events. Funding will be used to continue to promote the event and add additional sports to the Town's Senior Games lineup.



- **Active Adult Community Education:** In January, 2017, the Town partnered with our local public high school (Cutler Bay High) to provide Adult Education Courses targeting older adults ages 55+. These classes are provided free of charge to Town residents. Based on feedback from the community, the following courses are most popular: Basic Computer Skills, Smart Phone and Tablet Classes, Digital Photography, Literacy Related Workshops (i.e. book club, book exchange), Art and Culture, Exercise & Fall Prevention.