



City of Lompoc

Lompoc Parks & Recreation

Active Aging Survey

The City of Lompoc Parks & Recreation understands the necessity of offering programs and classes geared towards residents who are 55+ years of age. Our goal is to offer an expansive list of classes and programs that improves the overall health and well-being for our Boomers and Seniors. With the City's Community & Senior Center opening soon, the City will have the great opportunity to increase the number of daytime classes and programs...but we need your input! Please take a moment to complete & return this survey. When completed please mail to Dick DeWees Community & Senior Center, Attn: Sue Slavens, 125 W. Walnut Ave. Lompoc, CA 93436, or fax to 805-875-8345. For more information about upcoming classes, activities, how to get involved or the Community Center please contact Sue Slavens, Recreation Coordinator at 805-875-8098.

- | | | |
|--|-----|----|
| Have you read the Flower Valley Senior Citizen Gazette? | YES | NO |
| Are you aware of any active senior classes the City offers? | YES | NO |
| Have you received a FREE copy of our Senior Resource Directory? | YES | NO |
| Have you ever attended any of the Senior Health Expos in Lompoc? | YES | NO |

How do you receive information?
(please number in order of use)

- Email
- Magazine
- City of Lompoc Website
- Radio
- News
- TV
- Flyer
- City Hall

Please indicate the time that would be most convenient for you to attend a class:

- 7am-10am
- 10am-12pm
- 12pm-3pm
- 3pm-6pm
- 6pm-9pm
- Weekdays
- Weekends

Please indicate which type of activities you are most interested in and are most likely to participate in (mark as many as apply);

- | | | |
|-----------------|---------------------------|-----------------------------|
| Exercise | Pool Table | Computers |
| Crafts/Painting | Yoga | Movie Club |
| Cooking | Tai Chi | Dance |
| Bingo | Health & Wellness Classes | Other Class or Group Ideas: |
| Golf | Digital Photography | _____ |
| Team Sports | Book Club | _____ |
| Scrap Book | Card Games | _____ |
| AARP | Braille | |

If you would like to be informed of upcoming classes & activities, please provide your contact information.

Name: _____ Address: _____

Phone#: _____ Email: _____

Would you be interested in leading a group or activity, or teaching a class? YES NO

If so, please provide your contact information so we can contact you!