

Mackenzie Seniors Survey:

Recreation and Leisure Facilities and Programs



Survey Report

Prepared by the Community Development Institute
University of Northern British Columbia

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Seniors Program

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New Caledonia

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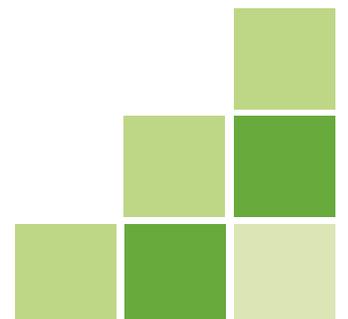


Table of Contents

Acknowledgements.....	3
Availability.....	3
Other reports from our community consultation program.....	3
Contact Information.....	3
Introduction	4
Methodology.....	5
Respondent Profile	6
Survey Results	7
Recreation and Leisure Facilities and Programs in Mackenzie	7
Mackenzie Public Library	8
College of New Caledonia Mackenzie Campus	10
Mackenzie & District Museum.....	12
Mackenzie Arts Centre.....	14
Mackenzie Recreation Centre	16
Autumn Lodge Seniors Centre	18
Trails in and around Mackenzie	20
Mackenzie Golf and Country Club	21
Local Lakes and Waterways	22
Local Ski Hills.....	24
Conclusion.....	25
Appendix 1 Survey Questions	26

Table of Figures

Figure 1 Respondent Age	6
Figure 2 Good Variety of Recreation Opportunities	7
Figure 3 Knowledge of Facilities	7
Figure 4 Library Visits	8
Figure 5 Library Use	8
Figure 6 Library Program Barriers	9
Figure 7 CNC Visits	10
Figure 8 CNC Use.....	10
Figure 9 CNC Program Barriers	11
Figure 10 Museum Visits.....	12
Figure 11 Museum Program Barriers.....	12
Figure 12 Arts Centre Visits.....	14
Figure 13 Arts Centre Use	14
Figure 14 Virtual Galleries.....	15
Figure 15 Arts Centre Building Barriers.....	15
Figure 16 Rec Centre Visits	16
Figure 17 Rec Centre Areas.....	16
Figure 18 Rec Centre Program Barriers	17
Figure 19 Autumn Lodge Visits	18
Figure 20 Autumn Lodge Program Barriers	18
Figure 21 Trail Visits.....	20
Figure 22 Trail Use	20
Figure 23 Golf Course Visits	21
Figure 24 Golf Course Use.....	21
Figure 25 Lake Visits.....	22
Figure 26 Lakes Visited.....	22
Figure 27 Lake Use	23
Figure 28 Ski Hill Use.....	24

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Availability

This Data Report will be available through the College of New Caledonia “New Horizons Program: Bridging the Gap” office and on their website.

All stakeholders of the “New Horizons Program: Bridging the Gap” will receive a digital copy of the report. It will also be shared with other New Horizons programs across Canada through the Government of Canada’s community of practice website.

The Community Development Institute at UNBC will post this report on its website: www.unbc.ca/cdi.

Other reports from our community consultation program

Mackenzie Seniors Survey: Belonging. July 2021. Available here:
https://www2.unbc.ca/sites/default/files/news/61071/mackenzie-seniors-survey-belonging/belonging_report_final.pdf

Other topics we aim to explore with seniors in Mackenzie as part of our community consultation include, for example, programs and services, health services, transportation, and housing.

Contact Information

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Introduction

In 2019, the College of New Caledonia, Mackenzie Campus, formed a community stakeholder group, successfully applied for a New Horizons grant, and entered a five-year agreement with the Government of Canada. The purpose of the grant is to understand seniors needs and issues in Mackenzie and develop programs and services that enhance quality of life for seniors and improve organizational networking and communication across the community.

The community stakeholders group consists of a wide range of community organizations, including those that provide housing, transportation, recreation, home support, and other services to seniors. One of the stakeholders is the Community Development Institute (CDI) at the University of Northern British Columbia (UNBC). The CDI's role in this partnership is to design and conduct a research and evaluation framework for the "New Horizons Program: Bridging the Gap".

This survey is the second Mackenzie Seniors Survey, a part of the CDI's community consultation program fulfilling our role in CNC's New Horizons program in Mackenzie. The Mackenzie Seniors Surveys, as well as other community consultation, will assist in understanding the current social and economic environment for seniors in Mackenzie and help identify potential gaps and opportunities for programs and services that could enhance quality of life. This will also help assess the impact of CNC's New Horizons Program on the lives of seniors in Mackenzie.

This survey was reviewed and approved by the UNBC Research Ethics Board. It explores seniors' awareness and use of a variety of recreational facilities and their programs in Mackenzie. Questions are divided into summer and winter use since the weather conditions in northern climates dictate what activities are possible. In addition, many northern seniors spend considerable time in warmer climates during the winter months, and the structure of the survey allowed for that to be reflected in the responses where applicable. Opportunity for additional commentary invited more detailed thoughts and suggestions for each recreational and leisure facility and its programs.

Methodology

This survey targeted Mackenzie, BC residents aged 55 years and older. Recruitment took place in the form of advertising in various media throughout the community, word of mouth, and communication by “New Horizons Program: Bridging the Gap” stakeholders with their senior-age clients and networks.

This survey was primarily distributed online. In addition, paper copies were made available at various locations in the community, and respondents had the option to conduct the survey via telephone. Participants had to be aged 55 years or older to participate. Responses were collected during the months of September through November 2021.

The Mackenzie senior population aged 55 years and over, as per the Census 2016, comprises around 1,035 residents. This survey received 85 responses, of which 80 met the survey eligibility criteria. A total of 20 participants submitted the survey without entering any information on recreation and leisure facility use, including those who did not fall into the eligible age cohort, leaving a total of 65 valid responses.

This results in a response rate of 6.3%. This response rate means a margin of error of close to 12% with a confidence level of 95%. The average response rate to each section was 64% of the total eligible respondents.

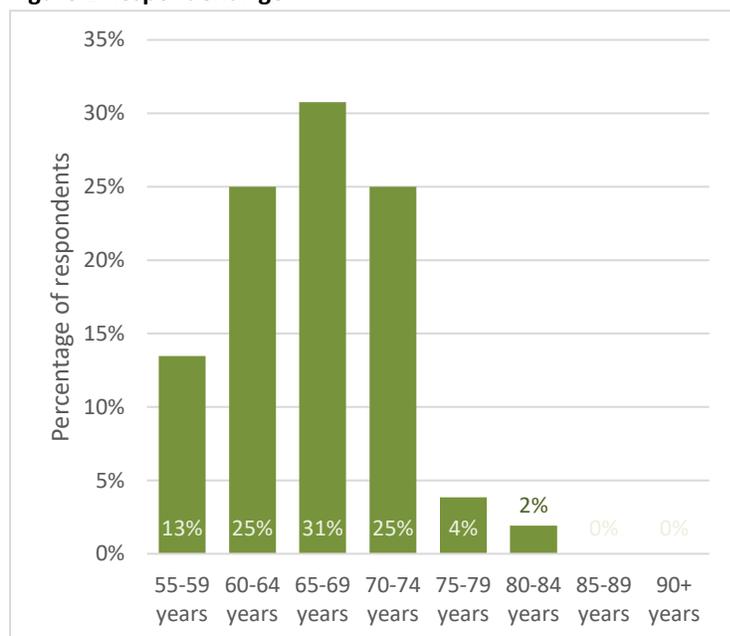
Respondent Profile

A total of 65% of respondents provided demographic information about themselves and their households. This respondent profile is based on those responses.

The majority of respondents were longtime residents of Mackenzie with 79% having lived in the community for over 30 years, and only 4% were relative newcomers with less than 10 years in Mackenzie to date.

Almost all respondents lived in small households; 75% lived in two-person households and another 19% lived by themselves.

Figure 1 Respondent Age



Three-quarters of respondents were female.

While a breadth of senior age groups was represented in the respondent sample, this survey attracted responses mainly from a younger group of seniors. As shown in Figure 1, close to one-third were aged 65 to 69 years this time. A total of 38% were younger than 65 years of age, and another 29% were in their seventies.

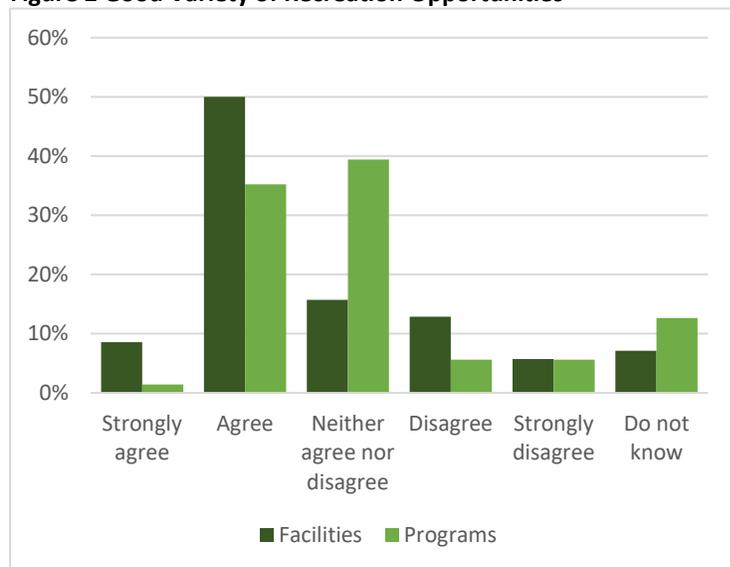
Those who indicated they were widowed made up 12% of the sample, while the married sample included 73% of respondents.

The relatively young seniors age of the respondents was reflected in the information they provided about their employment status. A total of 58% indicated they were retired. Of the 42% still active in the workforce, most still worked full-time year-round (68%), followed by a group who worked part-time year-round (14%).

Survey Results

Recreation and Leisure Facilities and Programs in Mackenzie

Figure 2 Good Variety of Recreation Opportunities



The survey began by inquiring about recreational facilities and programs for seniors in general (Figure 2). A total of 59% of respondents who provided information strongly agreed or agreed that Mackenzie had good recreational facilities, while only 37% considered programs for seniors equally satisfactory.

In comparison to five years ago, 65% thought that recreation facilities and programs for seniors had improved.

The majority of respondents were aware of the location of all recreation facilities,

while the operating hours were generally less well known (Figure 3). When asked whether they take visitors from out of town to these recreational facilities, responses varied more significantly. While over 90% reported enjoying lakes and waterways with their visitors, and over 60% took their visitors to the Recreation Centre and local trails, other facilities were less top-of-mind as a visitor attraction.

Figure 3 Knowledge of Facilities

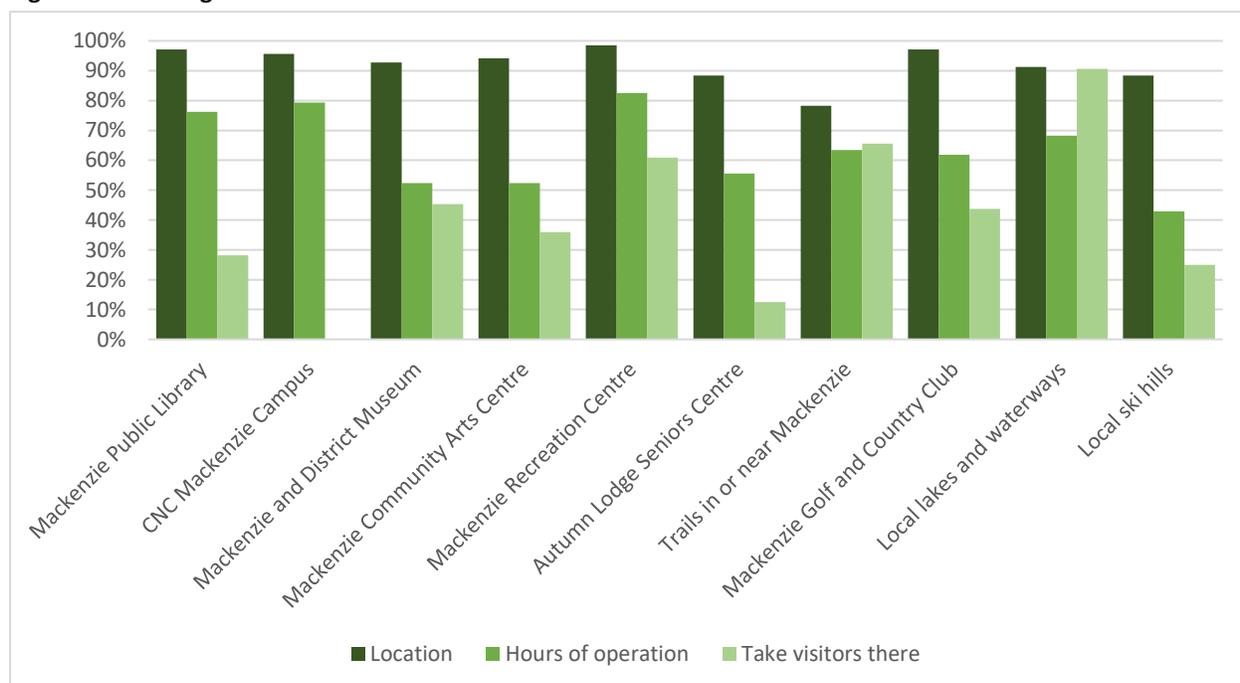
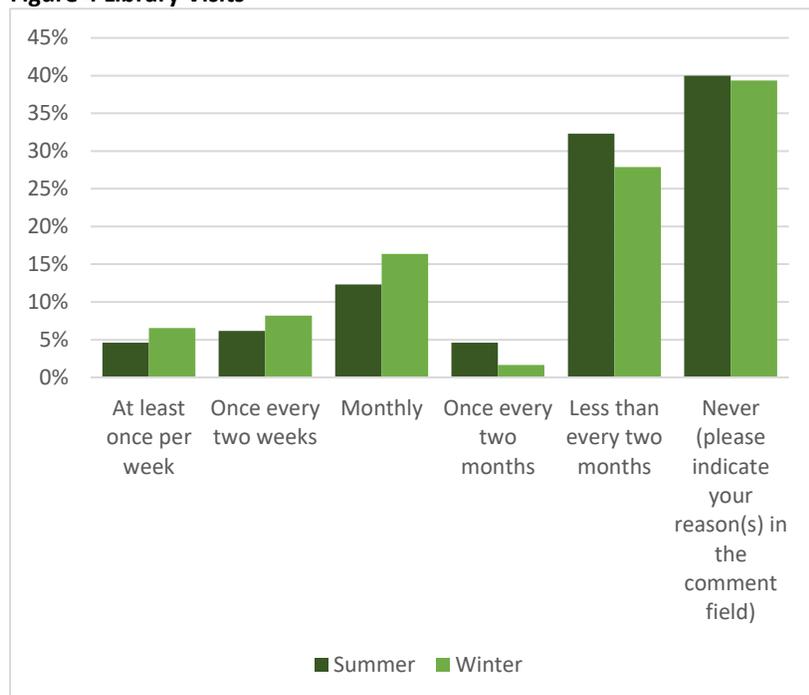


Figure 4 Library Visits



Over three-quarters of survey participants responded to this section. Exploring the frequency of library visits in the summer and winter months, unsurprisingly given Mackenzie’s winter climate, those who visit the library frequently do so more in the winter than in the summer.

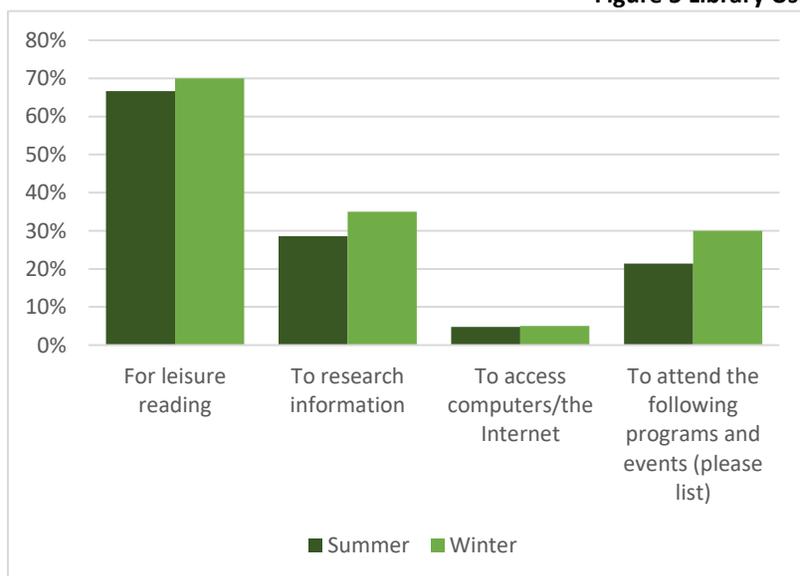
The majority of respondents reported not using the library on a regular basis (Figure 4), and of those who gave a reason most simply had different interests. A number of respondents indicated that they use eBooks and online library services, therefore seeing no need to visit the local library. Sanitation and COVID-related

concerns were also among the reasons for not visiting the library. A few respondents indicated that their memberships had expired and/or they were unfamiliar with the procedure of renewing or generally using the library, naming this as a reason for them to stay away.

Figure 5 shows that over two-thirds of the respondents who use the library reported visiting for leisure reading. Computer and internet access did not feature high as reasons to visit the library.

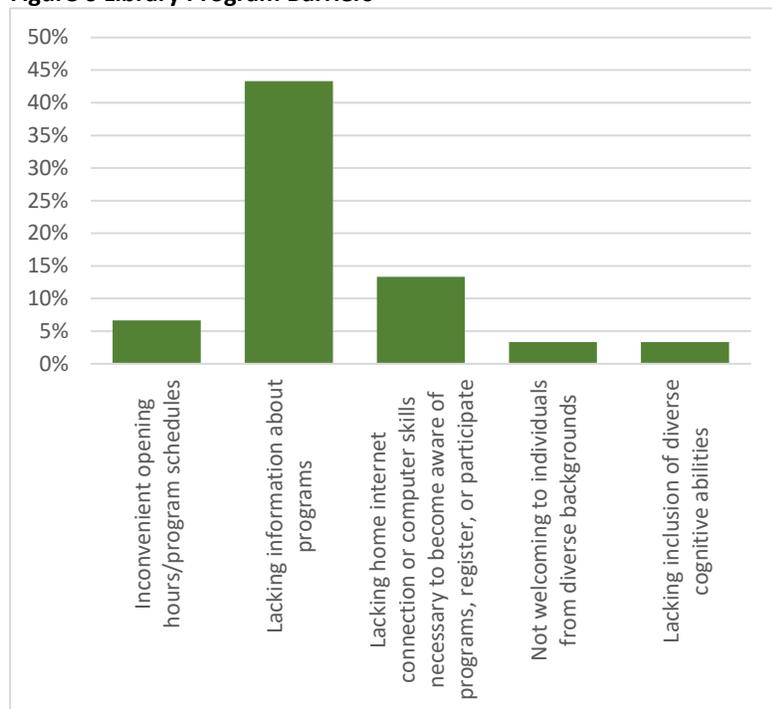
Among the programs and events mentioned were the Book Slam, Novel Evening, a children’s magic show, and gardening events and the seed library. Respondents also named friendly staff and a comfortable atmosphere as reasons why they liked visiting the Mackenzie Public Library.

Figure 5 Library Use



When asked about other things they would like to be able to borrow from the library, responses included movies, bird watching kits, audio books, artificial sunlight, games, printers, reading glasses, reference materials for projects, and snowshoes.

Figure 6 Library Program Barriers



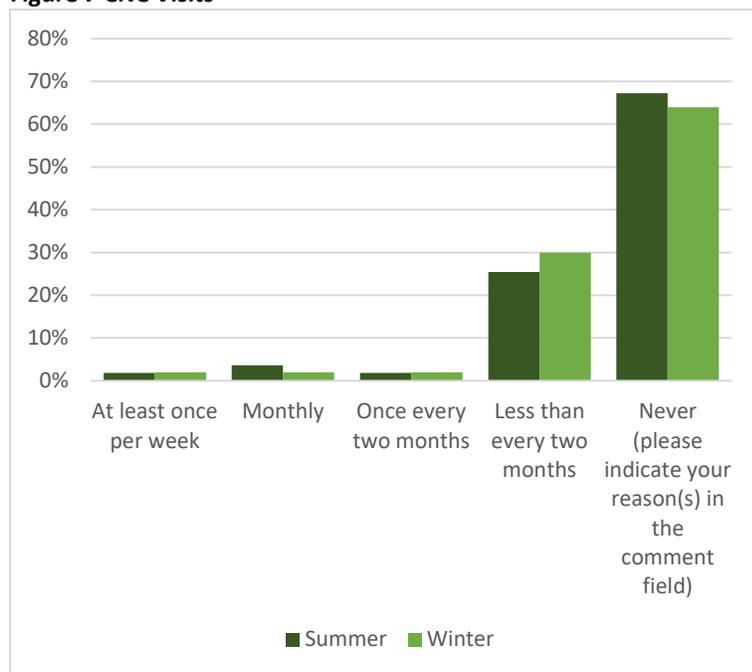
Among barriers to accessing library programs, lacking awareness of programs was predominant for the less than 30% of respondents who noticed barriers (Figure 6). ‘Other’ reasons mostly referred to personal schedules and routines. While none of the respondents felt that lacking inclusion of different physical and mental abilities was a barrier to them, comments suggested that this might be an issue for other seniors. A suggestion made in that context was to introduce disability awareness training for staff.

Only 10% reported physical barriers. The main barrier to accessing the building was the condition of roads and walkways in the winter (24% of responses). While no respondents

reported issues with the physical accessibility of the building, the comment section revealed that seniors with mobility issues become housebound and are unable to access the library (and other facilities). Regular accessible transportation for those seniors was proposed to help them access the library and other opportunities at the Recreation Centre, for example once or twice per week.

When given a final opportunity for commentary on the Mackenzie Public Library, responses mostly recognized the library as a valuable local asset and appreciated its various services and loan materials. Individual comments wished for better knowledge about setting up online user accounts, suggested a separate entrance to avoid encounters with hockey program participants, observed shortened book loan times, proposed that youth are a more important target group than seniors, and noted that they use the thrift store for books instead.

Figure 7 CNC Visits



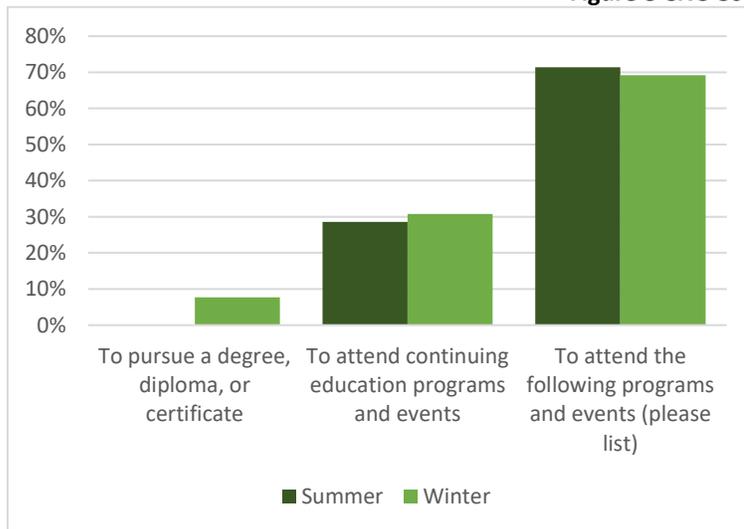
The majority of survey respondents who completed this survey section reported not visiting the CNC Mackenzie campus on a regular basis, as shown in Figure 7. The main stated reason was that they had no reason to go there.

A few comments indicated that courses of interest to the respondents had been cancelled due to lack of response, or that health reasons were keeping them from attending events.

Some respondents provided their reasons for going there, which included social visits and checking out news on posters and bulletin boards on campus.

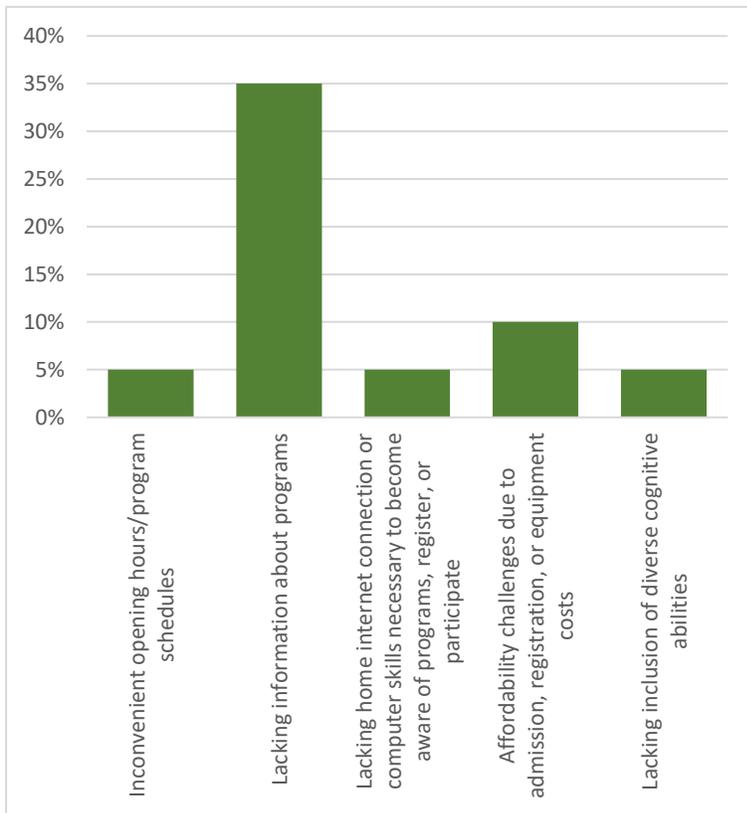
A small number of respondents reported pursuing post-secondary opportunities in the winter months and continuing education opportunities at CNC, but specific events constituted the main reason for seniors to visit the campus (Figure 8). The events that were mentioned included First Aid courses, Mental Health Awareness programming, Indigenous Peoples Week, seniors group, seniors carpentry program, online shopping and banking support, New Horizons meetings, advisory committee meetings, and other liaison roles.

Figure 8 CNC Use



When asked about barriers to accessing programs, one-quarter of respondents identified barriers. Figure 9 shows that the main specifically identified barrier was lacking information about relevant programs. 'Other' barriers constituted mostly a reiteration that respondents had no time, no interest, or no reason to take part in CNC programming. A total of 13% of respondents mentioned that building accessibility was a barrier. Of those, 10% each indicated that transportation and the condition of roads and walkways were a barrier. While no respondents considered physical accessibility an issue for themselves, comments elaborated that stairs and an aging elevator constitute barriers to some seniors, and that seniors relying on scooters cannot access the campus.

Figure 9 CNC Program Barriers



Final commentary on the opportunities CNC is offering to seniors in Mackenzie was generally positive and ranged from satisfaction with existing programming to stating that the college has a great facility but does not cater to seniors. A need to better communicate to seniors what is available for them was identified. In terms of programming, comments included a call for free technology classes to enable seniors to better utilize cell phones and computers, mental health and First Aid classes to give seniors living alone an improved sense of safety, adult literacy programming, cooking classes, welding classes, and carpentry classes. The role of CNC in gearing its programming towards industry to attract families and businesses was also highlighted.

Figure 10 Museum Visits

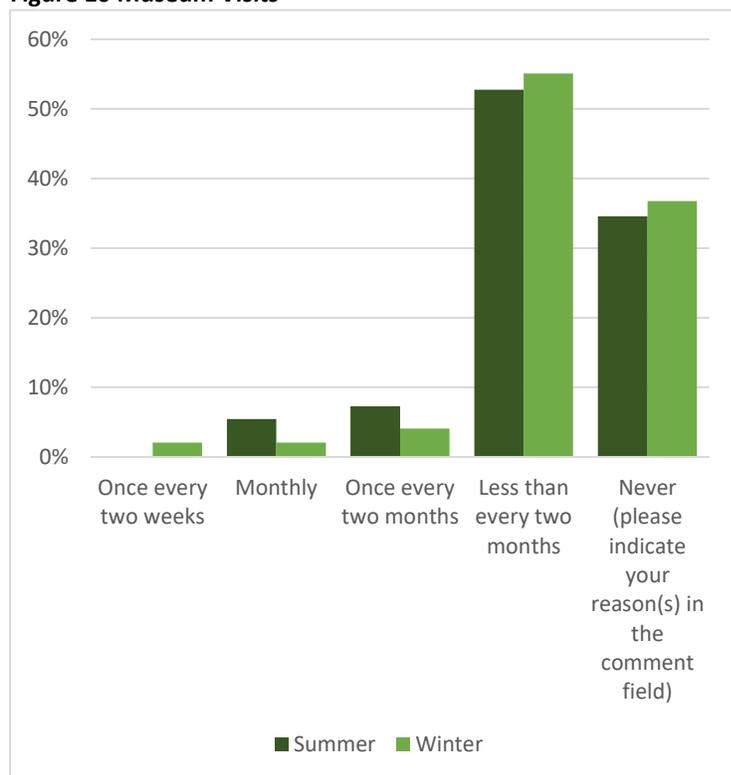
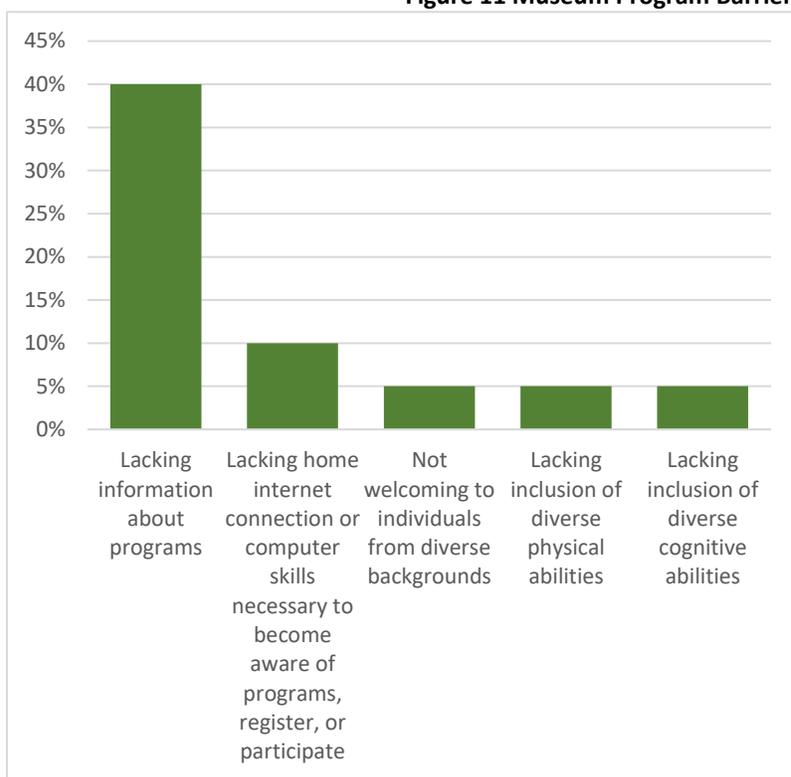


Figure 10 shows that most respondents who provided information about their use of the museum reported not visiting the Mackenzie & District Museum on a regular basis. Many mentioned they had no reason to go there or had other interests. Among the more specific reasons for not visiting were a sense that having been there once sufficed, COVID-19 made them uncomfortable, and not knowing what the museum has to offer. A number of respondents indicated they only go to the museum when they have out-of-town guests.

The majority of respondents who do visit the museum, reported going there to view the exhibits. Other reasons included social visits and museum-related meetings. While dance lessons were mentioned as an event in the past, no recent events were listed.

One-quarter of respondents identified program barriers. The main barrier to accessing museum programming was lacking information and awareness about what is available (Figure 11). It was also mentioned that the location is not conducive to attracting visitors. In terms of accessing the building, of the 14% who experienced barriers, most respondents felt that the condition of roads and walkways in the winter was the main barrier. Mentioned moreover was a lack of room for scooters, and that homebound seniors were lacking affordable and convenient transportation and support to access the location.

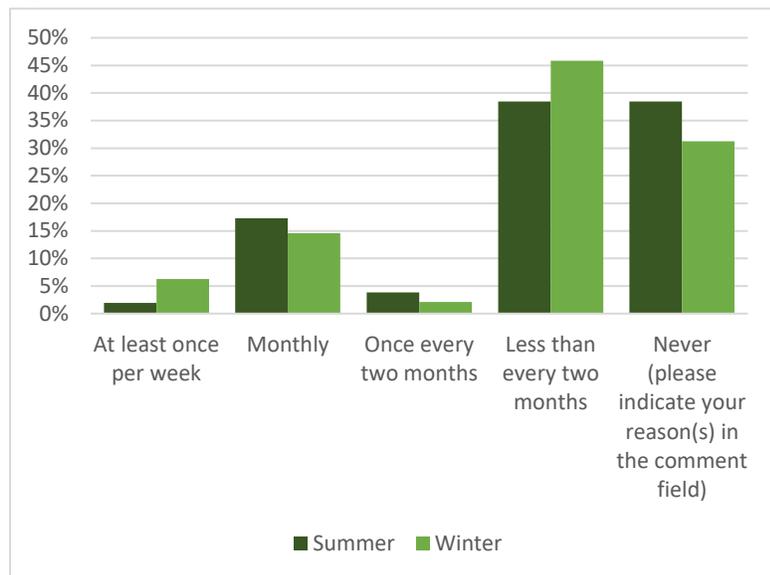
Figure 11 Museum Program Barriers



Additional comments revealed that, while the museum was perceived as a welcoming facility and an interesting and important local resource, there was also a perceived lack of change and new offerings to attract more frequent local visitors. In this context, it was also noted that there seems to be a lack of physical space to add new exhibits. Respondents appreciated the museum sharing old photographs on social media, making them accessible and encouraging conversation about local history. Similarly, the books for sale at the museum were valued by respondents. It was mentioned that the contributions of minority groups to the town, in particular residents of East Indian background, were underrepresented or lacking in the exhibits.

Modernization and increased access through digitalized materials was repeatedly brought up as a suggestion for future improvements. It was also suggested that the museum make local history more accessible to youth through digital materials and school visits. Seniors days were another idea. Coffee and tea would be served and knowledge about local history could be exchanged and gathered. It was emphasized that McLeod Lake Indian Band elders be included. Concerning the location, while the current central location was mentioned as an asset, a suggestion was made to include the museum in a visitor centre and make it a hands-on logging museum, including video material.

Figure 12 Arts Centre Visits



Roughly one in five of those respondents who filled out this section reported visiting the Mackenzie Community Arts Centre on a regular basis (Figure 12). Those not visiting the Arts Centre on a regular basis largely indicated that they had different interests.

Figure 13 shows that, while the exhibits were the most common reason to come to the Arts Centre, especially in the summer, respondents were more likely to attend specific programs in the winter than in the summer.

The craft fair and pottery making were the most commonly mentioned programs respondents attended, followed by paint nights and courses in general. Seniors' and children's programs were also among the listed events, and several respondents indicated visiting the gift shop and purchasing art for gifts and local souvenirs.

Figure 13 Arts Centre Use

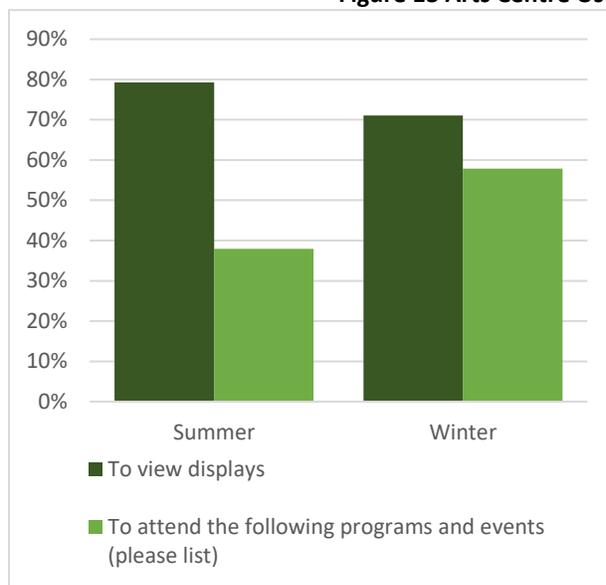
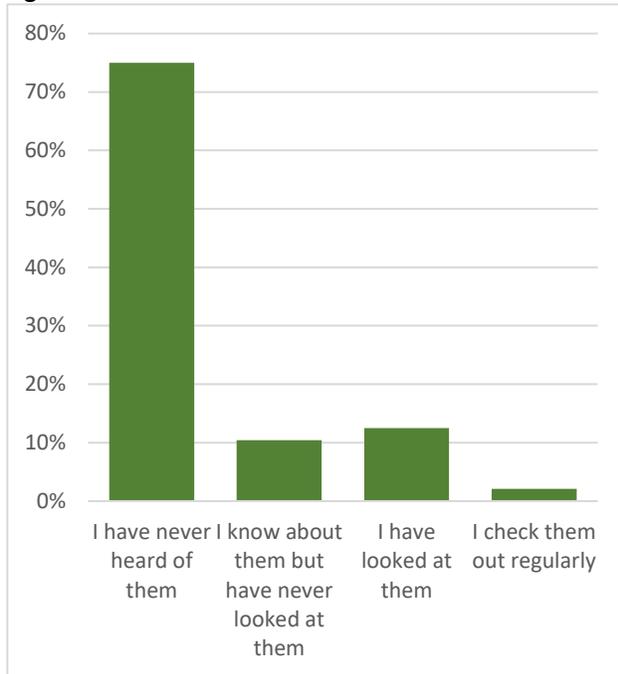


Figure 14 Virtual Galleries



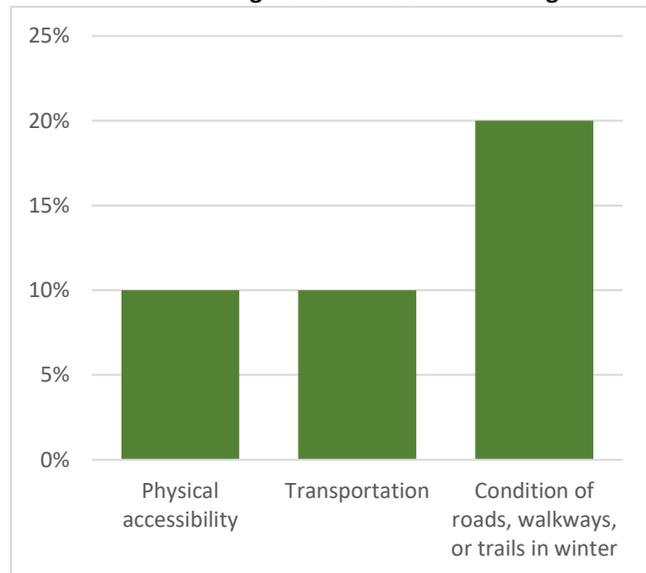
When asked about the virtual galleries as the newest addition to the Arts Centre offerings, the majority of respondents were unaware of this feature (Figure 14). Optional additional commentary revealed appreciation of the idea and the wish to be more informed about such new additions.

Less than one-third of respondents perceived there to be barriers to accessing Arts Centre programming. The main reported barrier was lacking information. Commentary further elaborated that the busy design of advertising and repeated use of one design for different programs may not be well suited to seniors. Among 'other' barriers, respondents mentioned a lack of offerings and considered the location less than ideal due to lack of storefront and being "out of the way".

For the 13% of respondents who identified barriers to accessing the building location of the Arts Centre, the condition of roads and walkways in the winter was the predominant reason. The lack of automated doors and limited space in hallways were seen as barriers for scooters and strollers.

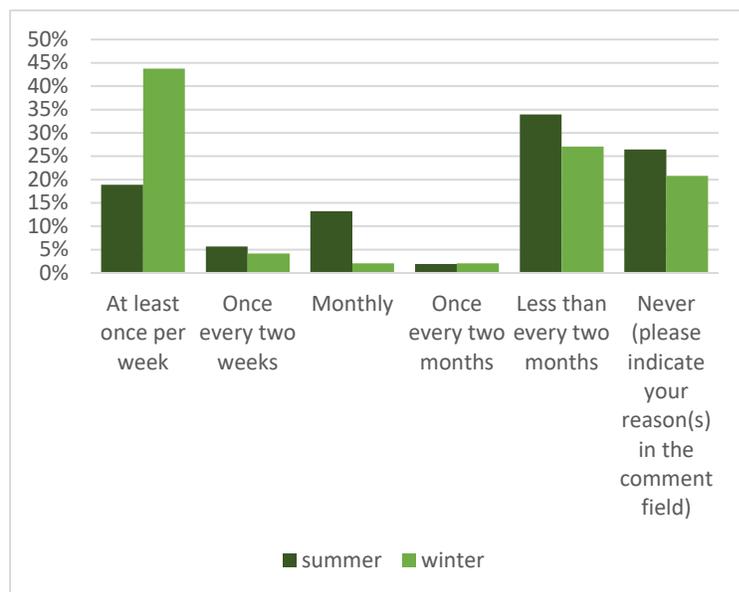
General comments confirmed that the age and the lack of comfort in the building are considered barriers. A lack of space and lack of a storefront were added to the downsides of the location. Others perceived the central location as an asset. As with previous facilities, a location in a visitor centre was presented as a location improvement as it would invite more viewers and support art sales.

Figure 15 Arts Centre Building Barriers



In terms of programming, the work of the Arts Centre was generally appreciated, the work of artists commended, and intergenerational opportunities for grandparents and grandchildren mentioned as a great opportunity. Several respondents suggested that more efforts could be made to introduce new members to the arts scene through introductory courses and an increased focus beyond the existing social network of local artists.

Figure 16 Rec Centre Visits



A total of 38% of those who completed the section reported visiting the Mackenzie Recreation Centre on a regular basis at least monthly in the summer, compared to 50% in the winter. As Figure 16 shows, the frequency of visits increases notably in the winter months.

Figure 17 highlights which areas of the Recreation Centre are frequented by those who visit. According to this, the multipurpose community hall is the most used space among Mackenzie residents aged 55 years and over, followed by the aquatics pool and the fitness centre. Among 'other' spaces, respondents also mentioned pickle ball and Mr. Munchies, and added that they might take grandchildren to the climbing wall and active play space.

Responses from those who visit the recreation centre furthermore indicated that individual use is more common than attending programs; however, program use increased in the winter months.

Figure 17 Rec Centre Areas

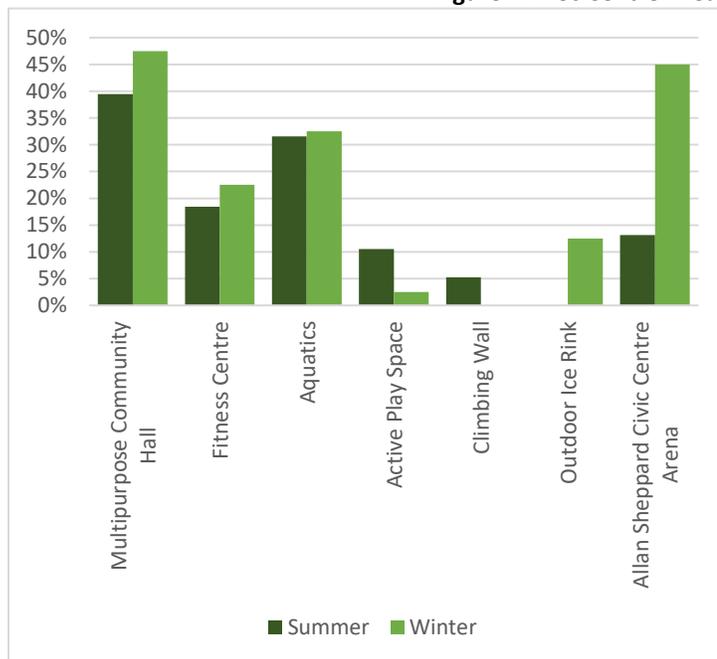
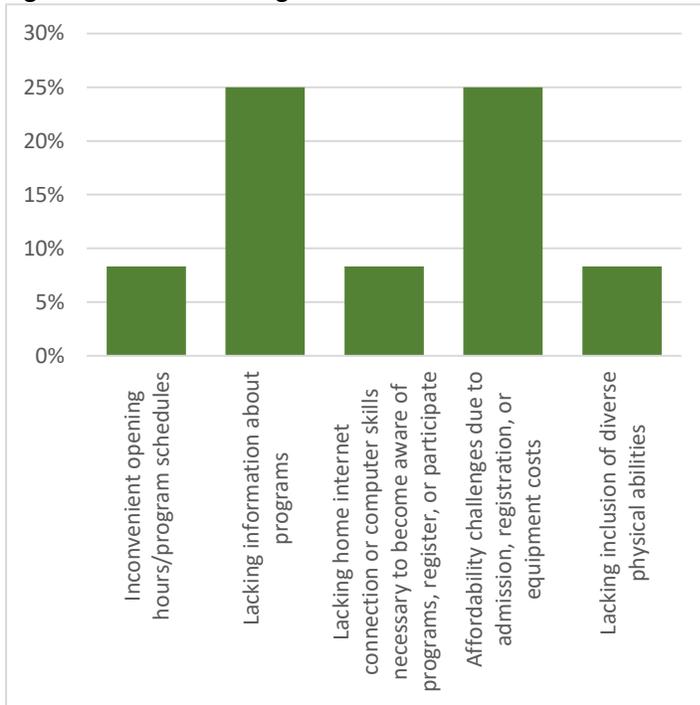


Figure 18 Rec Centre Program Barriers

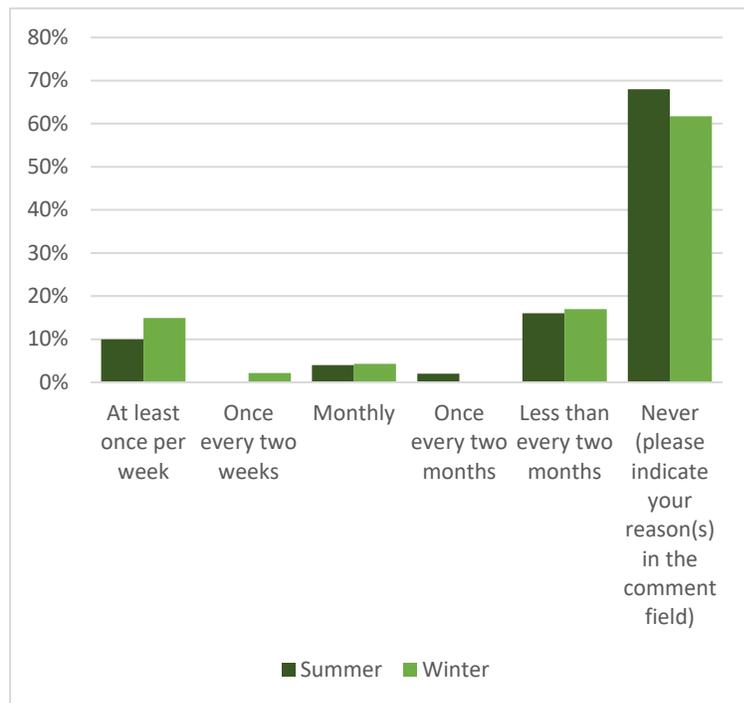


A total of 15% of respondents saw barriers, the most common program barriers being a lack of information and affordability challenges (Figure 18). A suggestion was made to introduce a regular time set aside for women only at the fitness centre, since women, especially seniors, may feel uncomfortable with public workout spaces for various reasons.

Among barriers to accessing the building, transportation and winter road conditions were the only ones confirmed. ‘Other’ suggestions included parking lot winter maintenance and a shortage of designated handicapped parking spots.

General comments expressed appreciation for the facility and the efforts to find and host activities. They also revealed that a lack of time, and consequently program scheduling, is holding some residents back. More weekend events or programs were suggested to alleviate this. It was emphasized that inclusion for all must be a consideration in programming. Lastly, it was stressed that activities for seniors should be focused on fun, laughter, and an opportunity to socialize.

Figure 19 Autumn Lodge Visits

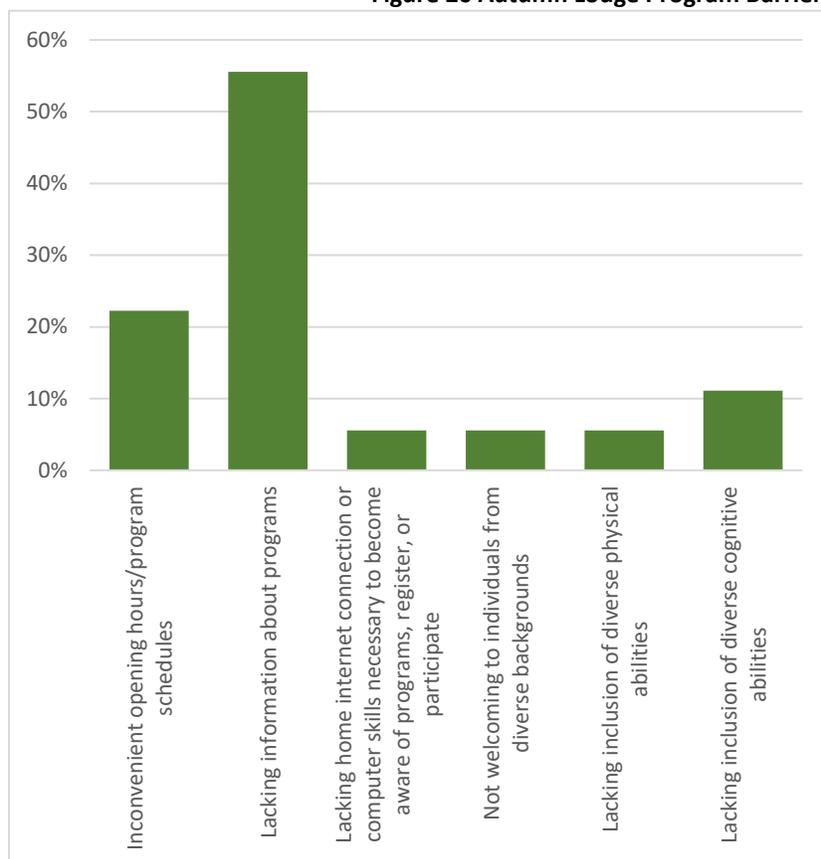


The majority of responses to this section indicated that participants did not visit the Autumn Lodge Seniors Centre. Of those who reported regularly going there, most went at least once per week and winter visits were slightly higher (Figure 19).

It was more common for respondents to visit for an event or program than for informal socializing, with socializing increasing slightly in the winter months. A number of respondents indicated that they have roles in the operations of the seniors centre and visit to volunteer and for meetings. Other activities named included playing cards, open house, sing-along/music night/song circle, garage sale, craft fair, bake sale, and Festival of the Bells.

Around 23% of respondents indicated they saw program barriers. The most common barrier was a lack of information, followed by inconvenient scheduling (Figure 20). Commentary revealed difficulty for seniors with cognitive disabilities, or different cultural backgrounds, to join activities and be accepted. It was suggested that disability awareness and acceptance training might alleviate this issue. It was also described as potentially difficult for seniors who do not yet have a long standing of involvement in the community, and in seniors activities, to join the seniors centre and feel involved and accepted. While affordability was not featured among the program barrier responses, a

Figure 20 Autumn Lodge Program Barriers



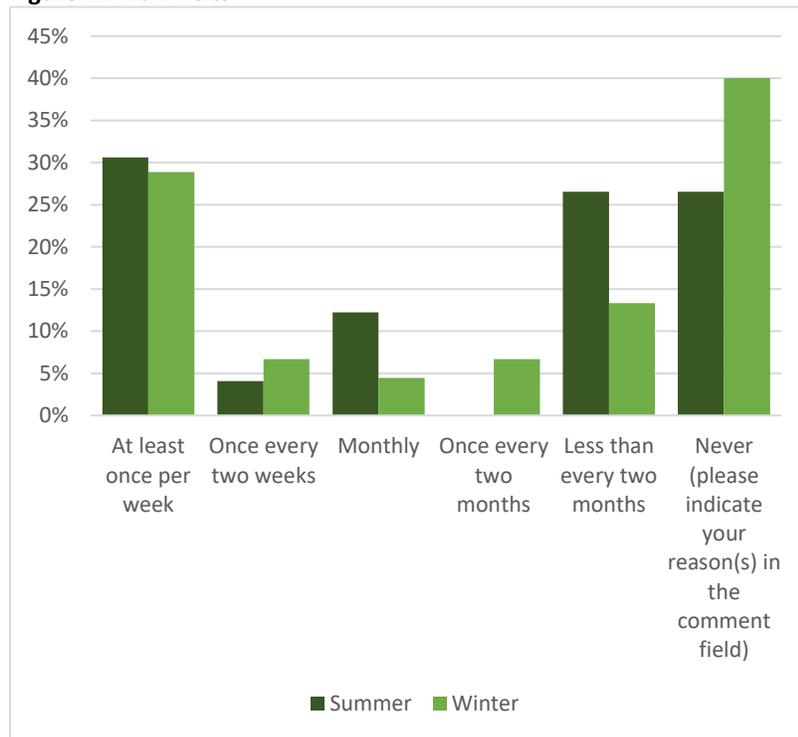
comment suggested that even an affordable seniors lunch might be out of reach for financially vulnerable seniors. Finally, it was mentioned that younger senior age cohorts may not feel like the seniors centre is for them.

A total of 11% of all respondents noted barriers to accessing the building. These barriers included the condition of roads and walkways, as well as transportation. The door was described as difficult to open, especially in the winter. As with other facilities, it was suggested that regular affordable transportation for housebound seniors with mobility or other issues might eliminate some barriers.

When given the opportunity for general comments, the location was appreciated but also noted to be limited in meeting space. The building was described as at the end of its lifespan and in need of repair. Some respondents felt that programming could be broadened to be of interest to more active seniors. It was noted that more advertising and a focus on inviting and welcoming new members would help spread awareness of the seniors centre and create an interest in its programming.

Trails in and around Mackenzie

Figure 21 Trail Visits



As Figure 21 outlines, just under one-half of those respondents who provided information on trails in and around Mackenzie use the trails on a regular basis at least monthly in the summer, and 40% do so in the winter months.

Besides a lack of interest for some, those who reported not using the trails regularly named three main reasons: health and mobility issues, safety concerns over wildlife, and a fear of falling and injury on winter trails.

The main trail use among Mackenzie residents aged 55 years and older, according to the survey respondents, in both summer and winter is hiking (Figure 22). This is followed by snowshoeing and cross-country skiing in the winter months. In terms of events or programs, the only one mentioned was Winter Festival. Otherwise, respondents exclusively used the trails for their personal use on their own time.

When asked about program and accessibility barriers, few respondents reported any issues.

The main barrier to organized programs or events was a lack of information (or lack of programs), while the main accessibility barrier were winter trail conditions. It was mentioned that off-leash dogs can pose a problem. General commentary praised the trails, trail maintenance, and recent additions. Suggestions for improvement included better maps and signage, regularly updated and accessible information about trail conditions, more access to quad trails around town as quads may be an option for more seniors than mountain biking, outhouses along some trails as the lack thereof might be a barrier for seniors, and organized walks to explore new trails at times that also suit working seniors.

Figure 22 Trail Use

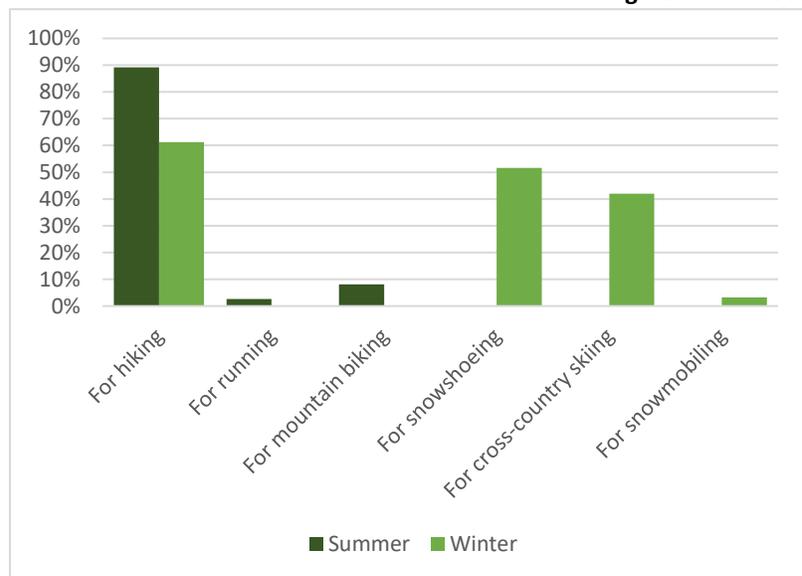
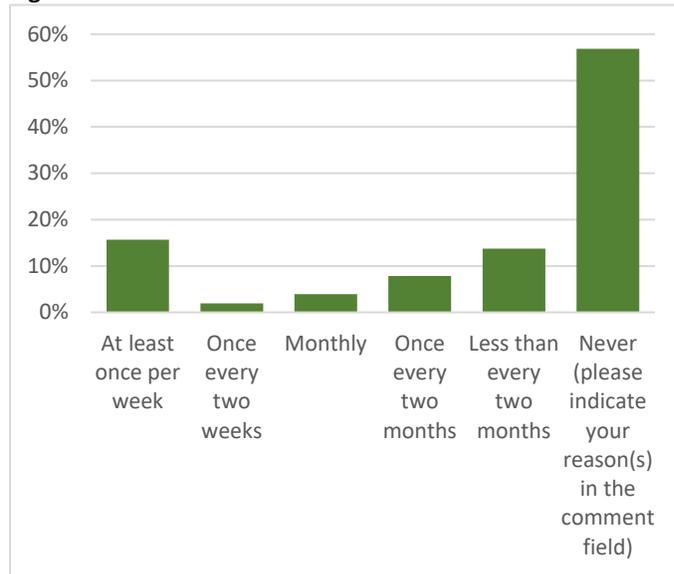


Figure 23 Golf Course Visits



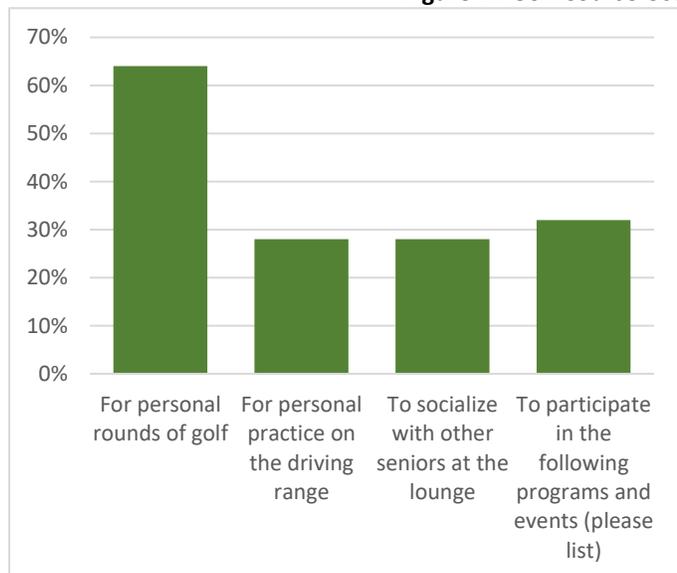
Close to two-thirds of survey respondents provided information in this section. Of those, 22% indicated visiting the Mackenzie Golf and Country Club regularly, at least once a month (Figure 23). Most of those who never go simply have no interest, while a few noted health issues.

Figure 24 shows that the main golf course use was reportedly personal rounds of golf. The main program mentioned was Ladies' Night.

Respondents reported very few barriers although affordability and lacking inclusion of diverse physical abilities were mentioned. Commentary also suggested that evening tee times and weekend tournament schedules can make access difficult for working seniors.

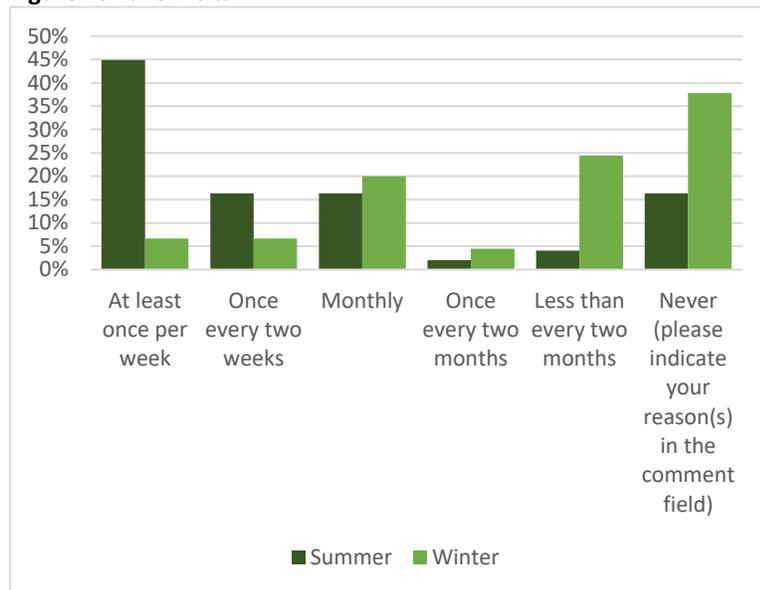
General comments exclusively expressed appreciation for the course and its maintenance, and highlighted its importance for tourism.

Figure 24 Golf Course Use



Local Lakes and Waterways

Figure 25 Lake Visits



Over three-quarters of those respondents who completed this section visit local lakes and waterways at least monthly during the summer months, while only around one-third do so in the winter (Figure 25).

Figure 26 shows that Morfee Lake and Gantahaz Lake are most frequented lakes in the area, followed by Williston Lake and the 22 Mile BC Hydro Site. 'Other' lakes and waterways mentioned included Lost Lake, Dina Lake, and Mugaha Marsh.

Figure 27 lists the activities which Mackenzie residents aged 55 years and older pursue at local lakes and waterways according to the survey responses. Non-motorized boating, such as kayaking, canoeing, and paddling, are the most common summer use of local lakes and snowshoeing the most popular winter activity. No organized programs or events were identified, but other activities added in commentary included walking/hiking, geocaching, picnics, gold panning, quadding, and sailing. Yoga and Thai Chi at the beach were mentioned as organized events that had taken place in the past.

Figure 26 Lakes Visited

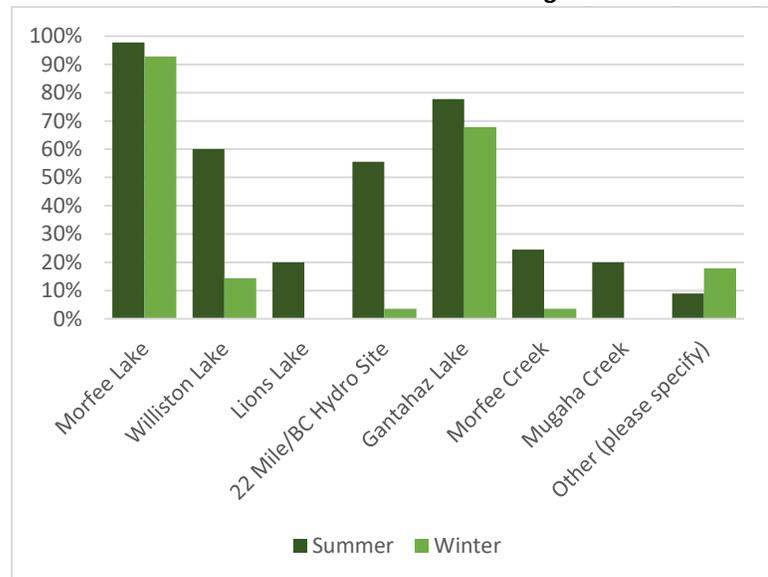
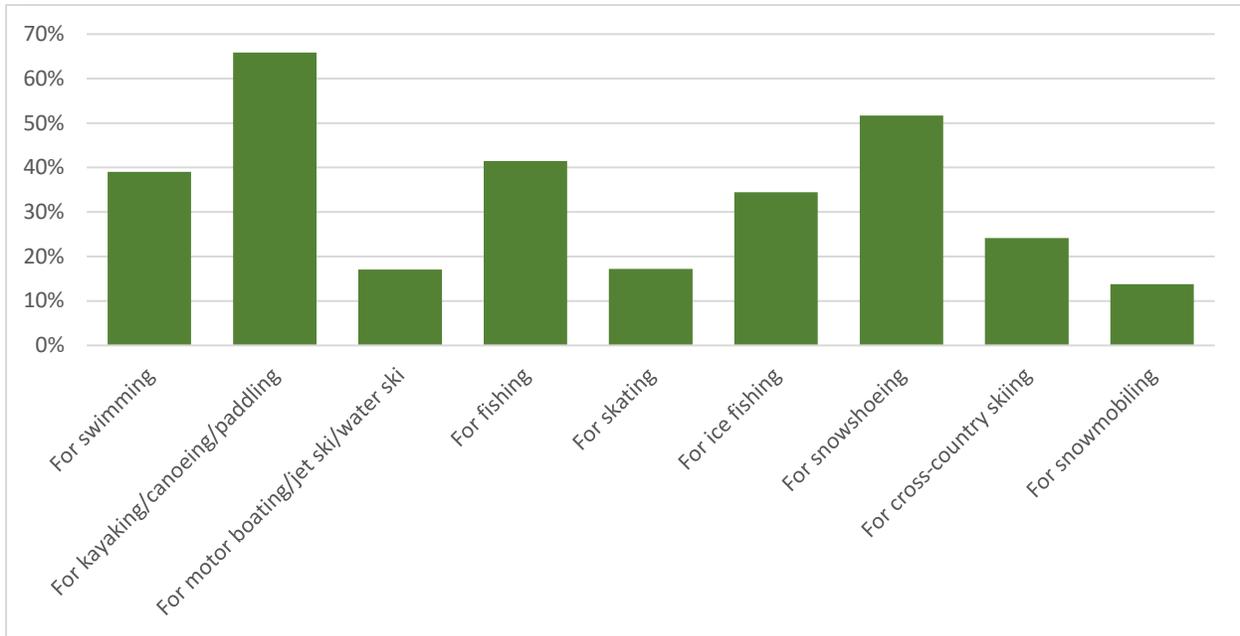


Figure 27 Lake Use

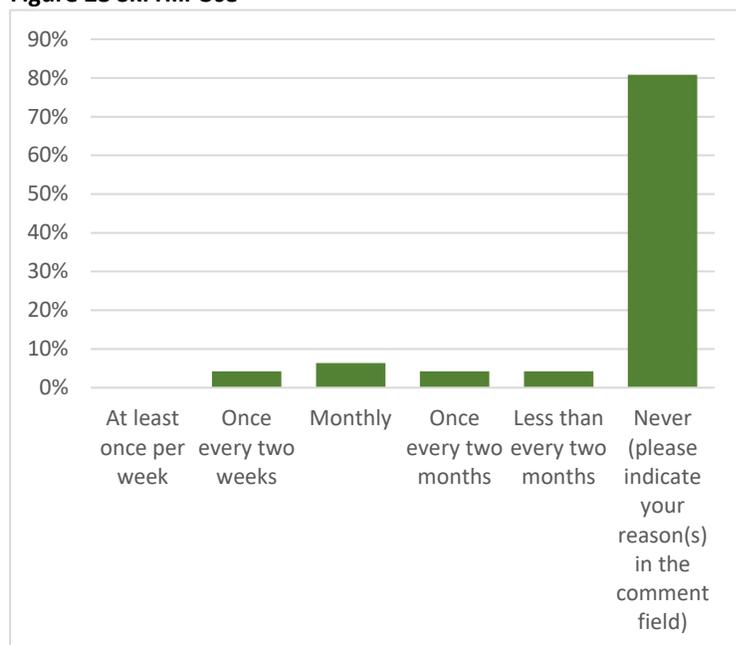


Very few barriers to accessing programs or the lake and waterway sites were reported. The condition of roads and walkways in the winter was the commonly mentioned barrier. Lacking information and lacking access to online information, as well as lacking opportunity for residents with physical or mental disabilities, and a need for transportation were also brought up. Additional comments revealed that off-leash dogs posed a problem at some beaches, especially for seniors and individuals with mental health issues. Safety concerns over wildlife as well as a lack of “someone to go with” were also reportedly holding some respondents back from accessing local lakes and waterways.

Other comments emphasized that restrictions to motorized access to nature in and around Mackenzie are a barrier for seniors with physical limitations. Another idea to make the falls at Morfee Lake more accessible was a suspension bridge from the point to the falls.

Local Ski Hills

Figure 28 Ski Hill Use



Over 80% of respondents who completed this section indicated never using the local ski hills (Figure 28). The commentary revealed that many of the Mackenzie residents aged 55 years and older have given up downhill skiing due to age or health reasons.

Of the skiers, close to one-half reported using Little Mac ski hill, and another close to one-third frequented Powder King. 'Other' hills mentioned included Sun Peaks.

Most skiers indicated going by themselves or with family and friends. No organized programs or events were mentioned.

Very few respondents perceived program or accessibility barriers; but limited inclusion of people with different abilities was noted.

In general commentary, it was noted that there was a restriction on downhill equipment besides skis and snowboards. Some respondents wished for more regular hours at Little Mac and less maintenance-related tow closures. Overall, respondents expressed appreciation for having a ski hill in town, especially for children and families. Some of the seniors appreciated watching families on the ski hill over a hot chocolate, indicating an opportunity for including seniors of all ages and abilities in and around the facility.

Conclusion

The proportion of seniors in Mackenzie has been steadily increasing for many years, and by the 2016 Census, the population aged 55 years and older made up well over one-quarter of the community's total population. The seniors' proportion of the community's population can be expected to have increased since then, emphasizing the importance of providing a high quality of life for older age cohorts.

Mackenzie has a number of recreation and leisure facilities that offer activities and connections for a variety of interests. The survey found that a total of 62% of eligible survey respondents reported using local recreational opportunities on a regular basis in the summer. This number dropped to 54% in the winter.¹

Given the growing number of seniors, many of these facilities are developing programs that specifically target this population. Seniors, aged 55 plus, however, are not a homogeneous group. While 'young' seniors may be quite healthy and active, over time many will develop physical, cognitive, and sensory challenges that will affect their mobility, memory, sight, or hearing. This means designing seniors' programming for a range of abilities.

One of the factors impacting the use of recreation facilities in Mackenzie is the climate in winter. Many seniors reported having difficulty moving around the community during the winter months. Concerns about falling on slippery roads and walkways prevent some seniors from venturing outdoors. According to the survey, seniors, first and foremost the frail elderly, are at a high risk of becoming housebound and isolated for weeks or months.

Closely related to this was a lack of affordable, senior-friendly transportation within the community for those who do not drive in winter. Survey responses indicated this was a wide-spread problem in the winter but could also happen year-round for those with mobility limitations and health issues. Respondents expressed a need for small-scale transportation and assistance that would ensure that seniors who have difficulty getting around have the opportunity to socialize or participate in activities by being picked up and dropped off safely. The cost of transportation for seniors must also be considered, as many are on a very limited budget.

Another theme to emerge through the survey was a lack of information and knowledge about the programs and services that are available to seniors. While this was a concern for many, nuances emerged. Some seniors who participated in the survey were highly computer and technology literate and looked for information primarily online. A one-stop online resource for seniors' information would be ideal for these people. Many of these respondents also reported using online libraries and eBooks, for example. Others reported a lack of familiarity with and access to computers or the Internet. These people rely on printed notifications. These findings indicate that communication is an important consideration, and that facilities and organizations should be prepared to use multiple communications channels and methods to reach the senior population in Mackenzie.

Recreation and leisure facilities play a very important role in providing a high quality of life for seniors in Mackenzie. The insights provided through this survey will help them better anticipate and meet the needs of this growing population group.

¹ Includes eligible respondents who provided information that indicated at least weekly, biweekly, or monthly use of at least one facility.

Appendix 1 Survey Questions

Survey Questions

This section of the survey asks questions about available recreation facilities and programming in Mackenzie. Facilities refers to buildings as well as certain outdoor spaces used for recreation and leisure activities.

1. In general, I think Mackenzie has a good variety of recreation and leisure **Facilities** for seniors.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree
- Do not know

2. In general, I think Mackenzie has a good variety of recreation and leisure **Programs** for seniors.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree
- Do not know

3. I think recreation and leisure **Facilities and Programs** offered for seniors in Mackenzie are better now than they were five years ago.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree
- Do not know

This section of the survey asks questions about your use of specific recreation and leisure facilities and programs. (We understand that COVID has impacted the availability of programs and ability to use public facilities. Please answer the questions for non-COVID circumstances.)

4. I know where these facilities are located: (Please check all that apply)

- Mackenzie Public Library
- CNC Mackenzie Campus
- Mackenzie and District Museum
- Mackenzie Community Arts Centre
- Mackenzie Recreation Centre
- Autumn Lodge Seniors Centre
- Trails in or near Mackenzie
- Mackenzie Golf and Country Club
- Local lakes and waterways
- Local ski hills

Comments:

5. I am aware of the approximate opening hours of these facilities: (Please check all that apply)

- Mackenzie Public Library
- CNC Mackenzie Campus
- Mackenzie and District Museum
- Mackenzie Community Arts Centre
- Mackenzie Recreation Centre
- Autumn Lodge Seniors Centre
- Trails in or near Mackenzie
- Mackenzie Golf and Country Club
- Local lakes and waterways
- Local ski hills

Comments:

6. When I have visitors from out of town, I typically would take them to these facilities: (Please check all that apply)

- Mackenzie Public Library
- CNC Mackenzie Campus
- Mackenzie and District Museum
- Mackenzie Community Arts Centre
- Mackenzie Recreation Centre
- Autumn Lodge Seniors Centre
- Trails in or near Mackenzie

- Mackenzie Golf and Country Club
- Local lakes and waterways
- Local ski hills

Comments:

The Mackenzie Public Library

7. In the **summer**, on average, I visit the Mackenzie Public Library

- At least once per week
- Once every two weeks
- Monthly
- Once every two months
- Once every six months
- Less than every six months
- Never: no time
- Never: no interest

Comments:

8. In the **summer**, I visit the Mackenzie Public Library (please check all that apply)

- For leisure reading
- To research information
- To access computers/the Internet
- To attend the following programs and events (please list)

9. In the **winter**, on average, I visit the Mackenzie Public Library

- At least once per week
- Once every two weeks
- Monthly
- Once every two months
- Once every six months
- Less than every six months
- Never: no time
- Never: no interest

Comments:

10. In the **winter**, I visit the Mackenzie Public Library (please check all that apply)

- For leisure reading
- To research information
- To access computers/the Internet
- To attend the following programs and events (please list)

11. Do you have other ideas for programs you would like to see offered at the Mackenzie Public Library?
Please list ideas and explain if necessary.

12. Besides reading material, what else would you like to be able to borrow from Mackenzie Public Library? Please list and explain if necessary.

13. Do any of the following barriers keep you from accessing programs at the Mackenzie Public Library? (Please check all that apply)

- Inconvenient opening hours/program schedules
- Lacking information about programs
- Lacking home internet connection or computer skills necessary to become aware of programs, register, or participate
- Affordability challenges due to registration fees or equipment requirements
- Not welcoming to individuals from diverse backgrounds
- Lacking inclusion of diverse physical abilities
- Lacking inclusion of diverse cognitive abilities
- Other:

14. Do any of the following barriers keep you from accessing the Mackenzie Public Library building? (Please check all that apply)

- Physical accessibility
- Transportation
- Condition of roads, walkways, or trails in summer
- Condition of roads, walkways, or trails in winter
- Other:

15. Do you have any other comments about the Mackenzie Public Library, its programs, or its location at the Recreation Centre?

College of New Caledonia (CNC) Mackenzie Campus

16. In the **summer**, on average, I visit the CNC Mackenzie Campus

- At least once per week
- Once every two weeks
- Monthly
- Once every two months
- Once every six months
- Less than every six months
- Never: no time
- Never: no interest

Comments:

17. In the **summer**, I visit the CNC Mackenzie Campus (please check all that apply)

- To pursue a degree, diploma, or certificate
- To attend continuing education programs and events
- To access computers/the Internet and printing
- To attend the following programs and events (please list)

18. In the **winter**, on average, I visit the CNC Mackenzie Campus

- At least once per week
- Once every two weeks
- Monthly
- Once every two months
- Once every six months
- Less than every six months
- Never: no time
- Never: no interest

Comments:

19. In the **winter**, I visit the CNC Mackenzie Campus (please check all that apply)

- To pursue a degree, diploma, or certificate
- To attend continuing education programs and events
- To access computers/the Internet and printing
- To attend the following programs and events (please list)

20. Do any of the following barriers keep you from accessing programs at the CNC Mackenzie Campus?
(Please check all that apply)

- Inconvenient opening hours/program schedules
- Lacking information about programs
- Lacking home internet connection or computer skills necessary to become aware of programs, register, or participate
- Affordability challenges due to registration fees or equipment requirements
- Not welcoming to individuals from diverse backgrounds
- Lacking inclusion of diverse physical abilities
- Lacking inclusion of diverse cognitive abilities
- Other:

21. Do any of the following barriers keep you from accessing the CNC Mackenzie Campus buildings?
(Please check all that apply)

- Physical accessibility
- Transportation
- Condition of roads, walkways, or trails in summer
- Condition of roads, walkways, or trails in winter
- Other:

22. Do you have any other comments about the CNC Mackenzie Campus and its programs?

Mackenzie and District Museum

23. In the **summer**, on average, I visit the Mackenzie and District Museum

- At least once per week
- Once every two weeks
- Monthly
- Once every two months
- Once every six months
- Less than every six months
- Never: no time
- Never: no interest

Comments:

24. In the **summer**, I visit the Mackenzie and District Museum (please check all that apply)

- To view exhibits and materials
- To attend the following programs and events (please list)

25. In the **winter**, on average, I visit the Mackenzie and District Museum

- At least once per week
- Once every two weeks
- Monthly
- Once every two months
- Once every six months
- Less than every six months
- Never: no time
- Never: no interest

Comments:

26. In the **winter**, I visit the Mackenzie and District Museum (please check all that apply)

- To view exhibits and materials
- To attend the following programs and events (please list)

27. Do any of the following barriers keep you from accessing programs at the Mackenzie and District Museum? (Please check all that apply)

- Inconvenient opening hours/program schedules
- Lacking information about programs
- Lacking home internet connection or computer skills necessary to become aware of programs, register, or participate

- Affordability challenges due to registration fees or equipment requirements
- Not welcoming to individuals from diverse backgrounds
- Lacking inclusion of diverse physical abilities
- Lacking inclusion of diverse cognitive abilities
- Other:

28. Do any of the following barriers keep you from accessing the Mackenzie and District building?
(Please check all that apply)

- Physical accessibility
- Transportation
- Condition of roads, walkways, or trails in summer
- Condition of roads, walkways, or trails in winter
- Other:

29. Do you have any other comments about the Mackenzie and District Museum, its programs, or its location at the Ernie Bodine Centre?

Mackenzie Community Arts Centre

30. In the **summer**, on average, I visit the Mackenzie Community Arts Centre

- At least once per week
- Once every two weeks
- Monthly
- Once every two months
- Once every six months
- Less than every six months
- Never: no time
- Never: no interest

Comments:

31. In the **summer**, I visit the Mackenzie Community Arts Centre (please check all that apply)

- To view displays
- To attend the following programs and events (please list)

32. In the **winter**, on average, I visit the Mackenzie Community Arts Centre

- At least once per week
- Once every two weeks
- Monthly
- Once every two months
- Once every six months
- Less than every six months
- Never: no time
- Never: no interest

Comments:

33. In the **winter**, I visit the Mackenzie Community Arts Centre (please check all that apply)

- To view displays
- To attend the following programs and events (please list)

34. How familiar are you with the Virtual Galleries, the newest feature of the Mackenzie Art Gallery?

- I have never heard of them
- I know about them but have never looked at them
- I have looked at them
- I check them out regularly

Comments:

35. Do any of the following barriers keep you from accessing programs at the Mackenzie Community Arts Centre? (Please check all that apply)

- Inconvenient opening hours/program schedules
- Lacking information about programs
- Lacking home internet connection or computer skills necessary to become aware of programs, register, or participate
- Affordability challenges due to registration fees or equipment requirements
- Not welcoming to individuals from diverse backgrounds
- Lacking inclusion of diverse physical abilities
- Lacking inclusion of diverse cognitive abilities
- Other:

36. Do any of the following barriers keep you from accessing the Mackenzie Community Arts Centre building? (Please check all that apply)

- Physical accessibility
- Transportation
- Condition of roads, walkways, or trails in summer
- Condition of roads, walkways, or trails in winter
- Other:

37. Do you have any other comments about the Mackenzie Community Arts Centre, its programs, or its location at the Ernie Bodine Centre?

Mackenzie Recreation Centre

38. In the **summer**, on average, I visit the Mackenzie Recreation Centre

- At least once per week
- Once every two weeks
- Monthly
- Once every two months
- Once every six months
- Less than every six months
- Never: no time
- Never: no interest

Comments:

39. In the **summer**, I use the following areas of the Mackenzie Recreation Centre (please check all that apply)

- The swimming pool
- The fitness centre
- The arena
- Other (please list)

40. In the **summer**, I use the Mackenzie Recreation Centre (please check all that apply)

- For individual use
- To attend the following programs and events (please list)

41. In the **winter**, on average, I visit the Mackenzie Recreation Centre

- At least once per week
- Once every two weeks
- Monthly
- Once every two months
- Once every six months
- Less than every six months
- Never: no time
- Never: no interest

Comments:

42. In the **winter**, I use the following areas of the Mackenzie Recreation Centre (please check all that apply)

- The swimming pool
- The fitness centre
- The arena
- Other (please list)

43. In the **winter**, I use the Mackenzie Recreation Centre (please check all that apply)

- For individual use
- To attend the following programs and events (please list)

44. Do any of the following barriers keep you from accessing programs at the Mackenzie Recreation Centre? (Please check all that apply)

- Inconvenient opening hours/program schedules
- Lacking information about programs
- Lacking home internet connection or computer skills necessary to become aware of programs, register, or participate
- Affordability challenges due to registration fees or equipment requirements
- Not welcoming to individuals from diverse backgrounds
- Lacking inclusion of diverse physical abilities
- Lacking inclusion of diverse cognitive abilities
- Other:

45. Do any of the following barriers keep you from accessing the Mackenzie Recreation Centre building? (Please check all that apply)

- Physical accessibility
- Transportation

- Condition of roads, walkways, or trails in summer
- Condition of roads, walkways, or trails in winter
- Other:

46. Do you have any other comments about the Mackenzie Recreation Centre and its programs?

Autumn Lodge Seniors Centre

47. In the **summer**, on average I attend Autumn Lodge programming

- At least once per week
- Once every two weeks
- Monthly
- Once every two months
- Once every six months
- Less than every six months
- Never: no time
- Never: no interest

Comments:

48. In the **summer**, I attend Autumn Lodge (please check all that apply)

- For housing-related concerns
- To socialize with other seniors in an informal setting
- To participate in the following programs and events (please list)

49. In the **winter**, on average I attend Autumn Lodge programming

- At least once per week
- Once every two weeks
- Monthly
- Once every two months
- Once every six months
- Less than every six months
- Never: no time
- Never: no interest

Comments:

50. In the **winter**, I attend Autumn Lodge (please check all that apply)

- For housing-related concerns
- To socialize with other seniors in an informal setting
- To participate in the following programs and events (please list)

51. Do any of the following barriers keep you from accessing programs at the Autumn Lodge Seniors Centre? (Please check all that apply)

- Inconvenient opening hours/program schedules
- Lacking information about programs
- Lacking home internet connection or computer skills necessary to become aware of programs, register, or participate

- Affordability challenges due to registration fees or equipment requirements
- Not welcoming to individuals from diverse backgrounds
- Lacking inclusion of diverse physical abilities
- Lacking inclusion of diverse cognitive abilities
- Other:

52. Do any of the following barriers keep you from accessing the Autumn Lodge Seniors Centre building? (Please check all that apply)

- Physical accessibility
- Transportation
- Condition of roads, walkways, or trails in summer
- Condition of roads, walkways, or trails in winter
- Other:

53. Do you have any other comments about the Autumn Lodge Seniors Centre, its programs, or its location at the Ernie Bodine Centre?

Trails in and around Mackenzie

54. In the **summer**, on average, I use the trails in and around Mackenzie

- At least once per week
- Once every two weeks
- Monthly
- Once every two months
- Once every six months
- Less than every six months
- Never: no time
- Never: no interest

Comments:

55. In the **summer**, I use the trails in and around Mackenzie (please check all that apply)

- For hiking
- For running
- For mountain biking
- To participate in the following programs and events (please list)

56. In the **winter**, on average, I use the trails in and around Mackenzie

- At least once per week
- Once every two weeks
- Monthly
- Once every two months
- Once every six months
- Less than every six months
- Never: no time
- Never: no interest

Comments:

57. In the **winter**, I use the trails in and around Mackenzie (please check all that apply)

- For hiking
- For running
- For mountain biking
- For snowshoeing
- For cross-country skiing
- For snowmobiling
- To participate in the following programs and events (please list)

58. Do any of the following barriers keep you from accessing programs at the trails in and around Mackenzie? (Please check all that apply)

- Inconvenient opening hours/program schedules
- Lacking information about programs
- Lacking home internet connection or computer skills necessary to become aware of programs, register, or participate
- Affordability challenges due to registration fees or equipment requirements
- Not welcoming to individuals from diverse backgrounds
- Lacking inclusion of diverse physical abilities
- Lacking inclusion of diverse cognitive abilities
- Other:

59. Do any of the following barriers keep you from accessing the trails in and around Mackenzie? (Please check all that apply)

- Physical accessibility
- Transportation
- Condition of roads, walkways, or trails in summer
- Condition of roads, walkways, or trails in winter
- Other:

60. Do you have any other comments about the trails in and around Mackenzie and the programs they are used for?

Mackenzie Golf and Country Club

61. In the **summer**, on average, I visit the Mackenzie Golf and Country Club

- At least once per week
- Once every two weeks
- Monthly
- Once every two months
- Once every six months
- Less than every six months
- Never: no time
- Never: no interest

Comments:

62. In the **summer**, I visit the Mackenzie Golf and Country Club (please check all that apply)

- For personal rounds of golf
- For personal practice on the driving range
- To socialize with other seniors at the lounge
- To participate in the following programs and events (please list)

63. Do any of the following barriers keep you from accessing programs at the Mackenzie Golf and Country Club? (Please check all that apply)

- Inconvenient opening hours/program schedules
- Lacking information about programs
- Lacking home internet connection or computer skills necessary to become aware of programs, register, or participate
- Affordability challenges due to registration fees or equipment requirements
- Not welcoming to individuals from diverse backgrounds
- Lacking inclusion of diverse physical abilities
- Lacking inclusion of diverse cognitive abilities
- Other:

64. Do any of the following barriers keep you from accessing the Mackenzie Golf and Country Club facility? (Please check all that apply)

- Physical accessibility
- Transportation
- Condition of roads, walkways, or trails in summer
- Condition of roads, walkways, or trails in winter
- Other:

65. Do you have any other comments about the Mackenzie Golf and Country Club and its programs?

Local lakes and waterways

66. In the **summer**, on average, I use local lakes and waterways

- At least once per week
- Once every two weeks
- Monthly
- Once every two months
- Once every six months
- Less than every six months
- Never: no time
- Never: no interest

Comments:

67. In the **summer**, I go to (please check all that apply)

- Morfee Lake
- Williston Lake
- Lions Lake
- 22 Mile/BC Hydro Site
- Gantahaz Lake
- Morfee Creek
- Mugaha Creek
- Other:

68. In the **summer**, I use local lakes and waterways (please check all that apply)

- For swimming
- For kayaking/canoeing/paddling
- For motor boating/jet ski/water ski
- For fishing
- To participate in the following programs and events (please list)

69. In the **winter**, on average, I use the local lakes and waterways

- At least once per week
- Once every two weeks
- Monthly
- Once every two months
- Once every six months
- Less than every six months
- Never: no time

Never: no interest

Comments:

70. In the **winter**, I go to (please check all that apply)

- Morfee Lake
- Williston Lake
- Lions Lake
- 22 Mile/BC Hydro Site
- Gantahaz Lake
- Morfee Creek
- Mugaha Creek
- Other:

71. In the **winter**, I use the local lakes and waterways (please check all that apply)

- For skating
- For ice fishing
- For snowshoeing
- For cross-country skiing
- For snowmobiling
- To participate in the following programs and events (please list)

72. Do any of the following barriers keep you from accessing programs at the local lakes and waterways? (Please check all that apply)

- Inconvenient opening hours/program schedules
- Lacking information about programs
- Lacking home internet connection or computer skills necessary to become aware of programs, register, or participate
- Affordability challenges due to registration fees or equipment requirements
- Not welcoming to individuals from diverse backgrounds
- Lacking inclusion of diverse physical abilities
- Lacking inclusion of diverse cognitive abilities
- Other:

73. Do any of the following barriers keep you from accessing and using the local lakes and waterways? (Please check all that apply)

- Physical accessibility
- Transportation
- Condition of roads, walkways, or trails in summer
- Condition of roads, walkways, or trails in winter

Other:

74. Do you have any other comments about local lakes and waterways and programs that take place there?

Ski Hills

75. In the **winter**, on average, I use a local ski hill

- At least once per week
- Once every two weeks
- Monthly
- Once every two months
- Once every six months
- Less than every six months
- Never: no time
- Never: no interest

Comments:

76. For local downhill skiing, I go to (please check all that apply)

- Little Mac Ski Hill
- Powder King

77. In the **winter**, I use the ski hills (please check all that apply)

- For skiing by myself, or with friends or family
- To participate in the following programs and events (please list)

78. Do any of the following barriers keep you from accessing programs at local ski hills? (Please check all that apply)

- Inconvenient opening hours/program schedules
- Lacking information about programs
- Lacking home internet connection or computer skills necessary to become aware of programs, register, or participate
- Affordability challenges due to registration fees or equipment requirements
- Not welcoming to individuals from diverse backgrounds
- Lacking inclusion of diverse physical abilities
- Lacking inclusion of diverse cognitive abilities
- Other:

79. Do any of the following barriers keep you from accessing the local skill facilities? (Please check all that apply)

- Physical accessibility
- Transportation
- Condition of roads, walkways, or trails in summer
- Condition of roads, walkways, or trails in winter

Other:

80. Do you have any other comments about the local ski hills and their programs?

This section of the survey asks questions about what additional recreation and leisure facilities and programs you would like to see in Mackenzie.

81. I think existing Mackenzie recreation and leisure **Facilities** need the following modifications or additions to be more senior-friendly: (please list)

82. I think Mackenzie seniors need these additional recreation and leisure **Facilities**: (please list)

83. I think Mackenzie seniors need these additional recreation and leisure **Programs**: (please list)

84. Please share any other comments you may have on recreation and leisure **Facilities and Programs** in Mackenzie:

This section of the survey collects general demographic information.

85. How many years have you lived in Mackenzie?

- 0-9 years 10-19 years 20-29 years 30-39 years 40-49 years 50+ years

86. Including yourself, how many people live in your household?

- One Two Three Four or more

87. What is your gender?

- Female Male Other Would rather not say

88. What is your age?

- 55-59 years 60-64 years 65-69 years 70-74 years
 75-79 years 80-84 years 85-89 years 90+ years

89. What is your marital status?

- Married Common law Never married Separated Divorced Widowed

90. Are you retired?

- Yes No

a. If no, what is your current employment status?

- Worked full year, full time
 Worked part year, full time
 Worked full year, part time
 Worked part year, part time

