

# The Development of Senior Clubs

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**Abstract** The Senior Club serves as a space for seniors, connecting with the community and promoting healthy aging through a variety of resources to help them stay active and independent. Therefore, this study proposes a plan for the development of senior clubs, which is a center for social and therapeutic activities for older adults at specific times of the day. The project design for this research is based on two case studies, the social housing for the elderly in Alcácer do Sal and the Guangxi elderly center. The project design in this study includes several important areas, such as public areas, educational areas, administrative areas, support service areas, fitness areas and residential areas. The proposed project site for the project is located in the Obhur Al-Shamaliyah district, as the site has significant advantages in terms of shape and scale, topography, accessibility and visual quality. Lastly, this project aims to provide a good environment for the elderly to connect with others, especially to learn new knowledge, and to believe that they can live long and disease-free.

**Keywords** Senior Clubs, Social Activities, Therapeutic Activities, Nursing Homes

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## 1. Introduction

Senior Club in Saudi Arabia has proliferated in recent times the role of older people in the Arab and Islamic countries, and receives the elderly who are not taken care of and provide them with care and attention [1, 2]. Some people will save money to go to nursing homes in the future just because they are afraid that nobody will look

after them because of their fragile family relationship. But surprisingly, the teaching of respect for parents, which has spread in Arab and Islamic countries, has given Islamic parents a special interest in the responsibility of caring for the elderly, and it has also made them less tired of the elderly. In fact, older people are those who give their age, life, youth and strength to their children. As they get older, they may need special care, as they slowly become vulnerable.

Nursing homes are considered the ultimate solution for serving healthy seniors or those for whom no one cares about their health. To a certain extent, some families may not be able to provide quality care services for the elderly due to psychological, physical or material problems, or lack of relevant information to provide services [3-6]. Nursing homes or seniors' clubs are mostly owned by individuals or groups of people as an investment, and some state-owned nursing homes or seniors' clubs are regulated by the government. At the same time, the different nature of nursing homes or senior clubs depends on the services provided by the patients who receive them. Often, nursing homes provide seniors with everything from treatment to regular check-ups as they provide luxurious and psychological care to their patients. Among other things, they really help engage older adults in activities they enjoy and improve their ability to communicate with others and build social relationships as they offer deals and listen to older adults.

For the most part, the elderly feel bored and lonely because they do not have to worry about their children and do not care about work. However, they often suffer from depression as soon as they enter the nursing home, thus requiring a process of self-recovery. Despite the spread of the role of the elderly in Arab countries, not every elderly

person still has strong social ties. Some families reject the notion, habits and traditions of the role that inherit the importance of older persons in life, and display ageism and negative views of them [7], yet the duty of caring for a loved one is irrespective of kinship.

## 2. Literature Reviews

The architecture is not only an environment for education or health recovery, but also a physical environment that prompts to optimistic interaction. Architecture is used as a tool for understanding historical shifts and relationships across disciplines [8]. It is important that designers consider many factors when constructing advanced assisted living facilities in order to create an ideal environment for their target residents.

### 2.1. Architectural Design Guide for Senior Housing Facilities

Senior housing provides centralized facilities and services to create a positive and safe environment for aging communities. Mobility, socialization and medical care are the main factors to consider when designing senior housing structure. The structure should include self-governing living facilities, assisted living services and nursing amenities.

The protection of this group of people must start on the basis of all work, from architectural design to daily operation and reception. Mobility is always a challenge for the elderly. The handrails on both sides of the stairs, contrast materials with high visibility, and armchairs or benches can make people rest, help improve mobility and reduce accident rates. Social spaces such as lobbies, public rooms or attractive landscaping around buildings are an excellent location that allows people to become a catalyst for dialogue. With the increasing popularity of medical services, apartment buildings specifically designed for the elderly can be combined with nursing centers to meet smaller health needs or social services. Furthermore, hospitality must still be an important part of the elderly community, but innovative and advanced health care methods must also be realized [9]. Proactive nursing management and early intervention help maintain the health of residents, while reducing the number of hospitalizations [9].

The ocular-centric obsession of contemporary society has led to a major change in architecture over the last century with the development of modern technology [10]. Technology plays an important role in senior house design. The equipped basic electronic devices and sensors can help automate simple tasks such as washing machine and turning on the lights. Also, emergency button devices equipped in specific areas (such as toilets or bedrooms) enable the elderly to seek help in emergency situations. In addition, considering facilities such as fitness rooms,

on-site salons, cinemas, spas and swimming pools, wine cellars and even restaurants, this will make residents feel like they are in a boutique hotel. In senior residences, public space and private space must be clearly separated. This is because some elderly people are also very concerned about their privacy and want to be as independent as possible. Residents today choose to live in senior housing not only because they need special medical care, but also because they need a comfortable social environment.

### 2.2. Post-COVID 19 Senior Housing Design Trends

In recent years, life service providers for the elderly have been more integrated into the entire medical system. Covid-19 further emphasizes that the life of the elderly is a key issue in maintaining the health of the growing elderly. The designer is ready to deal with social distancing, personal protection in the event of new epidemics, and the need for a flexible lobby area. This has enabled visitor to visit relatives without endangering their health.

This pandemic has wired the connection among senior living service workers and the medical structures in their markets, and laid the foundation for further incorporation even after the decline of Covid-19 [9]. Despite being affected by the pandemic, providers must accept that their communities are home to people who have a lot of care needs and are particularly at risk to transmissible viruses [11].

In fact, the pandemic has stressed the susceptible health of the elderly population. Tim Mullaney [9] pointed out that Covid-19 has shaped the senior lifestyle industry in the future, including that healthcare provision will always be different, federal supervision and regulation, providers will become more transparent, and a more consolidated and complex industry.

In addition, since on-site visits are not possible during the pandemic, digital communication technologies such as virtual travel on websites, social media, and online advertising can be implemented [9]. Also, the virtual visitation technologies will accelerate in near future.

Daun St. Amand, senior vice president of CallisonRTKL, believes that it is insightful that the architectural design for senior housing should be more flexible and adaptable [12]. If another pandemic occurs, the facility can be ready to transform into a "crisis mode" at any time. Assuming that the vaccine proves to be effective and can be widely distributed, the senior housing project will enter a recovery mode. At this time, the senior housing service providers will have to put on their strength and perseverance to continue to develop in new directions.

## 3. Case Studies

This study measured two case studies that reacted to the development of the senior club. The chosen case studies

are Houses for Senior Societies in Alcácer do Sal and the Senior Center of Guangxi. Both case studies demonstrate unique architecture design and comfortable environment that suit the senior citizen.

### 3.1. Houses for Elderly People in Alcácer do Sal

Houses for elderly folks in Alcácer do Sal was designed by Aires Mateus (Francisco Aires), located at Portugal (Figure 1) [13]. The starting point of the architect is to define the problem between personal space and community space in such buildings. When evaluating the scheme of a home for the elderly, the architect not only wanted to work in a social space, but also wanted to design high-quality private rooms for individuals.

Alcácer do Sal is a project between a hotel and a hospital, which aims to understand and reinterpret the social/private combination to meet the needs of social life while protecting privacy. This combination produces a long swinging and rotating building that extends along the southeast boundary of the Santa Casa de la Misericordia site, resembling a perforated wall, which encloses and defines the new open space. The design path of the building is a wall that naturally arises from the terrain and is also its boundary, which defines the open space and organizes the entire plot. In addition to developing the building, the architect also includes open spaces and gardens, and accomplishes the connection with the present services and buildings of the complex [13].

The architect took advantage of the topographical differences of the site, and the long building seemed to rise from the highest level of the plot to the lower three floors. In the path of its indoor-outdoor relationship, it continuously strengthens openness and direct contact. The white advantage responds to the vibrant southern light in the building, while avoiding the ultimate goal of direct sunlight. The details reveal the standard construction reality of the building in a very positive way.



Figure 1. Houses for elderly people in Alcácer do Sal [13]

### 3.2. Senior Center of Guangxi / Atelier Alter

The Senior Center of Guangxi is designed by Atelier

Alter, located at Nanning, Guangxi, China (Figure 2).

The architecture of the Guangxi Senior Center deviates from the humanistic feature behind the project. The project aims to create an environment for senior citizen who spent most of their formative years in the Cultural Revolution. Despite its historical influence, the "communal life" created by the Cultural Revolution has always been a memory of the times. The sense of belonging in the age of uncertainty provides the key to the isolation and indifference of modernity [14].



Figure 2. Senior Center of Guangxi / Atelier Alter [14]

The architects tried to evoke a sense of belonging to parents and future generations. Agriculture is the theme of "communal life", and natural land is the basis of their collective memory. Similar spaces are constructed by manipulating the ground [14].

## 4. Space Program

There are six focal zones suggested for the zoning program in this study. The suggested space program are common, educational, administration, support services, gym, and residential. Table 1 organizes the space program of each zone, where education zone occupied the largest compound about 30%.

Table 1. Space program

Zones	Use %	Footprint (m <sup>2</sup> )	Floors	Gross Area (m <sup>2</sup> )
Common	15	1250	3	3750
Educational	30	5000	2	10000
Administration	10	2500	1	2500
Support services	15	1875	2	3750
Gym	15	1110	2	5000
Residential	15	555	1	1250
Total	100	12290	11	26250

The common zone consists of several sub-zones namely gathering area, sank bar, eating area, shops, lounge, café, and toilets. Next, the educational zone has several

sub-zones namely general activity area, class room, library, exhibition, storage, computer lab, general storage, and toilets. The administration is made up of lobby, office, advisor office, manager office, the control check area, staff training room, storage, training room for staff, communication room, and toilets. Besides that, the support services zone consists of multipurpose room, storage, kitchen, and clinic. The gym zone contains of aerobic hall, machines area, private room, offices, lookers, changing room, and toilet. While, the residential zone is made up of double rooms, toilets, lounge room, waiting area, kitchen, nursing, dining room, and library.

### 5. Site Selection and Analysis

In this section, the appropriate site is chosen for the project, and the optimal site criteria are determined according to project requirements. This section contained an evaluation of two suggested sites, and the site with highest is selected. Also, it included a full analysis and data about the selected site.



Figure 3. Site 1 [15]



Figure 4. Site 2 [16]

Figure 3 shows Site 1 located at Obhur Al-Shamaliyah district whereas Figure 4 shows Site 2 is located at MakKah-Jeddah highway, near Baljurashi factory and Jeddah College of Technology. The considered site evaluation criteria are site dimensions, contour, noise, topography, access / traffic, utilities, security and safety, image/visual quality, visibility, future expansion plans, demographic patterns, surrounding, and views. The assessment for every criterion is range from 1 to 10, where 1 is poor, 10 is perfect. Thus, the site assessment result is tabulated in Table 2.

Table 2. Site assessment result

Site selection	(Site 1) North Abohor	(Site 2) Makkah Roads
Site Dimensions	9	6
Contour	10	5
Noise	9	9
Topography	9	5
Access / Traffic	9	5
Utilities	9	6
Security and Safety	9	6
Image/Visual Quality	9	5
Visibility	8	9
Future Expansion Plans	7	6
Demographic Patterns	10	7
Surrounding	8	5
Views	8	7
Total	114	81

Based on the site evaluation results in Table 2, Site 1, North Abohor scored the highest and was selected as the project site location. The selected site has advantages such as outline, topography, traffic accessibility and excellent visual quality compared to the other site. While the selected location has open space to expand the center in future, also its strategic location has the opportunity to attract more clients.

Obhur is now a new destination for Jeddah's living quarters and a major destination for its University of Education and the tallest tower in the world. In addition this area has many resorts to come and relax. Figure 5 and Figure 6 show the site accessibility and the site weather exploration respectively. The site experiences prevailing winds from the northwest, but dusty winds from the southeast. The annual average relative humidity is 62.8%, and the monthly average relative humidity is 57% in July and 73% in January. As overall, the advantages of this particular location are the views, the proximity to the sea and the nearby hospital. But the weakness of the location is that it is far away from the city center and the climate is hot.





Figure 5. Site accessibility



Figure 6. Site climate analysis

## 6. Zoning and Project Design



Figure 7. Site zoning

The design concept can be outlined as old people need daily activities to make them able to interact with people around them and to communicate with the community as

whole. Therefore, this center will recognize the needs of those people and create a suitable environment for them by involving them in social and therapeutic activities. Figure 7 illustrates the site zoning diagram. There are two parking areas within the compound, with the main building in the middle of the site.

## 7. Limitations and Future Research

The main limitation of this study was to develop the exact dimensions of the proposed plan. Therefore, future research may consider the dimensions of the project, especially for each region. This can reduce design conflicts in different areas.

The second limitation of this study is the study of population patterns in selected areas where the development of senior clubs is proposed. Site areas can be surveyed to identify citizen needs and supports to provide competitive facilities and services.

The final limitation of this study is the cost estimate of the proposed project. The proposed project involves a variety of materials, design criteria and labor. Therefore, project management plays a role in predicting the financial and other resources required to complete the project within the stated scope.

## 8. Conclusion

Seniors participating in the Senior Club program can learn to manage and improve their physical, social, spiritual, emotional, psychological and economic well-being. This study aims to make a good environment for senior citizen by encouraging these seniors to continue to be active, respected and vital members of their community. The proposed space program consists of common, educational, administration, support services, gym, and residential. The selected site is located in the Obhur Al-Shamaliyah district and the site assessment results take into account criteria such as site dimensions, contour, noise, topography, access / traffic, utilities, security and safety, image/visual quality, visibility, future expansion plans, demographic patterns, surrounding, and views. The mission of this project is achieved by alteration and improves the quality of lives of older people. Also, provide high quality services according to their changing needs.

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