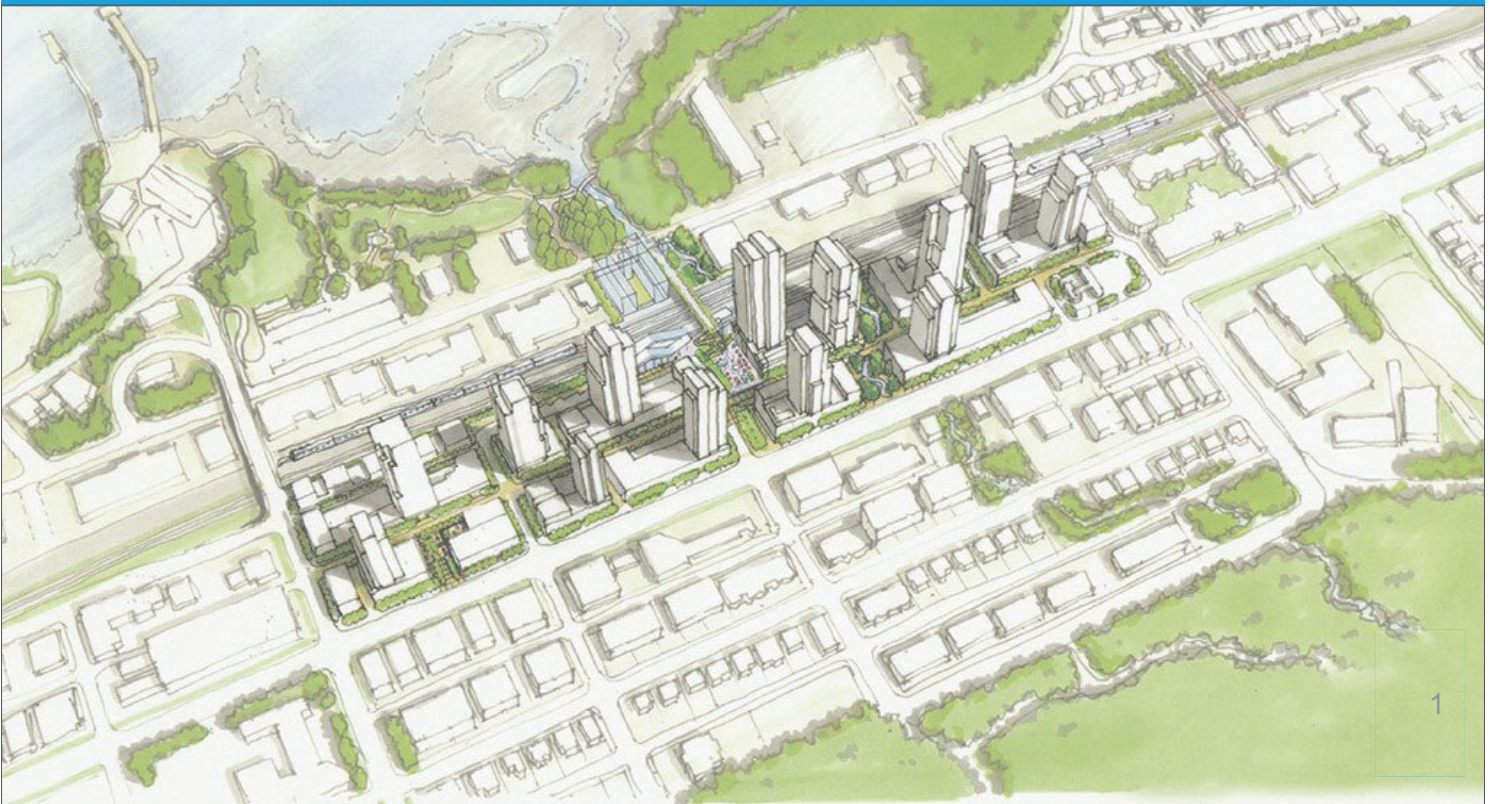# Boosting Wellbeing in Moody Centre

Analysis and Recommendations for the Moody Centre Transit-oriented Development (TOD) Master Plan

August 2021

Happy City

A shared wellbeing vision

Happy City is delighted to collaborate with Anthem, PCI, Beedie Living, Woodbridge Homes, Translink and the British Columbia Transportation Financing Authority (the Planning Group) to promote wellbeing through the Port Moody Centre Master Plan.

The Planning Group and Happy City have been hard at work evaluating the current Moody Centre Master Plan's strengths and challenges, and creating opportunities to maximize wellbeing for existing and future residents of Port Moody. Through conversations, co-creative sessions, and an iterative design process, we have explored options to boost wellbeing that are aligned with policies and priorities identified by Port Moody staff and Council.

This report offers practical recommendations to boost wellbeing and social connectedness for Port Moody residents. It includes:

1. **A summary of our co-creative wellbeing process:** outlining the steps the Planning Group and Happy City took to create the recommendations in this document.
2. **A summary of our wellbeing audit:** describing the wellbeing strengths and challenges of the current master plan.
3. **Wellbeing design principles:** introducing the evidence-based principles meant to guide strategic recommendations and future stages of the project.
4. **Recommendations for urban wellbeing:** detailing wellbeing-centred strategies for the Moody Centre Master Plan with supporting evidence. Each strategy includes a series of actions that can be carried out throughout different stages of the project.

We believe that, if acted upon, these recommendations will promote health and happiness for current and future Port Moody residents. This report represents the beginning of the planning and design process that we hope guides the Planning Group through all stages of the project. Given the project is at the OCP application stage, we note that fine-grained actions are subject to change. We recommend using the high-level principles and strategies identified in this report to guide the Planning Group's decision-making through that different iterations of the planning and design process.

We applaud the Planning Group's commitment to wellbeing and look forward to supporting you on this journey.

Sincerely,

Paty Rios
and the Happy City team

Contents

Executive summary

This report provides a wellbeing framework for the Moody Centre Master Plan. Acknowledging that that this project is in the early development application stages and that moving from the site's current state to the future development envisioned for Moody Centre is a lengthy process, we have designed a framework for wellbeing that can be used as a guiding tool throughout the various stages of the project. This document will ensure that the Planning Group and any new stakeholders that join in later phases have concrete wellbeing goals to guide the decision-making process.

First, we introduce key considerations and common challenges related to wellbeing for developments of this size. Second, we summarize the co-creative process we followed to assess the current state of the master plan and identify wellbeing recommendations. Third, we outline the key learnings from our wellbeing audit of the Moody Centre Master Plan. Finally, we provide a wellbeing framework for Moody Centre, divided into three scales:

1) **Wellbeing principles**: guiding values that harness Happy City's expertise on wellbeing and reflect values expressed by the Planning Group and comments from early stages of the community engagement process.

2) **Strategies**: specific goals within each principle that can guide decision-making throughout the different stages of the project. Strategies can be achieved through pragmatic actions.

3) **Actions**: specific design, programming or policy ideas intended to fulfill each strategy. We include actions that resulted from the co-creative process between the Planning Group and Happy City, and actions identified by community members.

We believe that the recommendations outlined in this report strengthen design directives that City of Port Moody staff and Council have expressed in the past months.

Larimer Street, Denver, USA
Image Source: FUNDRISE

More specifically, strategies and actions will serve to fulfill City of Port Moody and Council direction in the following ways:

Strategy 1: Diverse public spaces

- Help maintain the character and unique identity of Port Moody.
- Provide different types of green spaces — including daylight creeks and pocket parks — offering residents a variety of options to stay close to nature and avoid overburdening Rocky Point Park.
- Create a centre for the community with different joyful experiences, including a vibrant plaza for larger events.

Strategy 2: Transitional spaces

- Align with Port Moody's character and community-oriented identity.
- Become a pedestrian-first place that encourages an active lifestyle.
- Create a centre for the community with different joyful experiences promoting community life.
- Encourage positive social encounters for high-rise residents.

Strategy 3: Local character

- Help maintain the character and unique identity of Port Moody.
- Create a proper centre for the community that is uniquely identifiable, helping to maintain and shape the regional identity of Port Moody.
- Consolidate a distinct character that embraces growth and benefits the community.

Strategy 4: Unique vertical community

- Help maintain the character and unique identity of Port Moody.
- Activate rooftops in towers and maximize opportunities for social connections in podiums.
- Accommodate growth while embracing community-oriented environments.
- Create slim towers with innovative design.

Strategy 5: Mixed-use places

- Generate diverse employment opportunities addressing the City's 0.42 jobs-per-person target.
- Build a resilient economy and resilient community that is ready to address any unexpected future challenges.
- Create a pedestrian-first place that offers safe spaces and joyful experiences.

Strategy 6: Housing diversity

- Help maintain the character and identity of Port Moody as a welcoming and diverse community.
- Provide diverse housing typologies and tenures addressing a wide range of needs.
- Activate rooftops in towers and maximize opportunities for social connections in podiums.

Strategy 7: Walkability First

- Help maintain the character and identity of Port Moody as healthy and social community.
- Become a pedestrian-first neighbourhood that allows people of all ages and abilities to have an active life.
- Create a mixed-use centre for the community where people can fulfill different needs, engage in social interactions, and experience nature.
- Prioritize walkability and avoid adding traffic to already congested streets.

Strategy 8: Nature everywhere

- Provide green spaces and nature experiences that reduce the burden on Rocky Point Park.
- Daylight traditional creeks and nurture joyful experiences in natural settings.
- Activate rooftops on towers and maximize opportunities to enjoy nature throughout the development.

Introduction

Territorial acknowledgement

We acknowledge that the Moody Centre Master Plan project takes place on the unceded territories of the Kʷikʷəƛ̓əm (Kwikwetlem, xwməθkwəy̓əm (Musqueam), Sḵwx̱wú7mesh (Squamish), Stó:lō (Stolo), and Selílwitulh (Tsleil-Waututh) peoples. We thank them for caring for these lands and waters since time immemorial, the most powerful case of public realm stewardship that this region has known.

Project considerations

The Moody Centre Master Plan is a comprehensive and inclusive transit-oriented development (TOD) in the region. High-density developments are generally suitable for central areas with excellent transit, such as the Moody Centre site. Moody Centre's strategic location and connectivity to urban centres across Metro Vancouver offers a unique opportunity to provide affordable housing, a wide range of jobs, and diverse recreational spaces for existing and future residents. The Skytrain and West Coast Express Lines provide opportunities for people in Port Moody and surrounding areas to easily commute to Vancouver while enjoying close proximity to forests and the ocean.

Building dense environments means great responsibility. The recommendations included in this report address the most common challenges faced by developments this size. These challenges will need to be considered throughout all stages of the project:

Kin Min Estate, Hong Kong
Image Source: Baycrest

Overcrowding
Consider providing ways for people to control their social exposure when living in dense environments. People experience extreme stress and discomfort if they have no ability to retreat into privacy and maintain space away from others.

Social disconnection
Consider including different opportunities for people living in high-rises to connect and spend time with each other. High-rises and dense environments have the potential to address feelings of loneliness and social isolation.

Emery Barnes Park, Vancouver, BC
Image Source: BC Non-Profit Housing Association

Physical disconnection
High-density communities must be married with excellent transit, walkability and cycling facilities. Including shared mobility options such as e-bikes and carshare can help promote active lifestyles.

Shanghai, China
Image Source: Aly Song, Reuters

Vancouver, BC
Image Source: Vancouver Public Space Network

Stockholm, Sweden
Image Source: Alexander Stahle
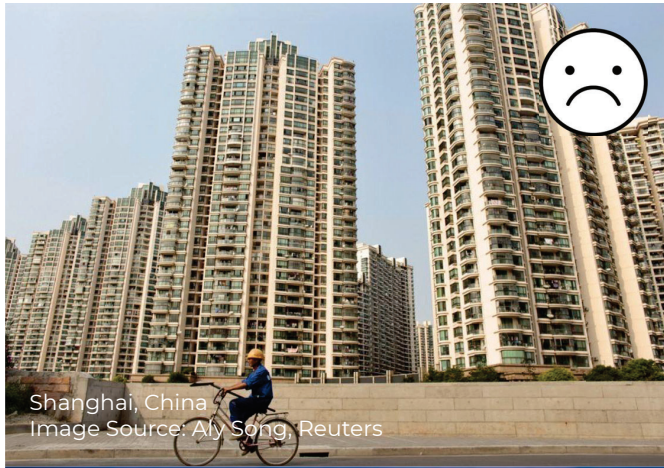
Monotonous aesthetics

Mega-developments often manifest as repetitive and boring design, since it may be more cost-efficient to unify building designs and materials. However, research shows that places with monotonous design can feel overwhelming and do not build strong feelings of attachment or joy for residents and visitors. Providing visual variety and uniqueness in every building will help create a vibrant community and commercial offerings that people want to visit.

Excessive hardscapes

Highly urban settings do not prioritize nature by default. It can be easy to lose that connection if the design does not intentionally integrate nature within the community. This can be done by leaving space for parks, rooftop gardens, street trees and other nature experiences.

Lack of human scale

Poorly designed towers can create a streetscape in which pedestrians feel overwhelmed by surrounding buildings. An environment too big for the human scale elicits feelings of stress and discomfort among residents. Breaking up towers and using mid-rise podiums lined with commercial spaces can mitigate this challenge and transform it into a strength.

Introducing a wellbeing lens

Urban spaces and systems influence how inhabitants feel, behave and interact with each other. The thoughtful design of our cities can led to opportunities that enable people to socially connect, enjoy an active lifestyle and reduce stress. However, failing to incorporate a wellbeing approach can lead to increased loneliness, sedentary lifestyles and higher cortisol levels, among other negative impacts. By drawing on lessons from public health, neuroscience, environmental psychology, behavioural economics, and sociology studies, city-makers can ensure that new built environments have a positive impact on people's health and wellbeing.

The most livable communities around the world have one thing in common: residents are able to leave their homes and find everything they need just steps away in a safe and enjoyable environment. Livable and inclusive communities welcome people from different age groups, genders, cultural backgrounds, ethnicities, preferences, and with visible or invisible impairments. They embrace the different layers of history and make space for younger generations to leave a footprint as new identities are consolidated.

Cities that promote wellbeing encourage residents to walk, cycle or roll more often, which in turn increases the likelihood they may bump into a friend or meet a new friend on the street. Happy cities bring homes and destinations closer together to reduce the economic cost of accessing services and recreation for residents and for government. Happy cities make the most use of our limited resources and encourage ways of getting around that do not destroy our environment or our infrastructure.

The recipe for wellbeing is unique to each community. A tailored wellbeing approach can be crafted to ensure it is addressing current and future residents' needs and priorities.

Montreal, QC
Image Source: Samuel Jeffrey, Expedia

A wellbeing lens for Moody Centre

Our goal is to identify opportunities to maximize wellbeing for the future residents of Port Moody Centre. By embracing wellbeing opportunities in the Moody Centre Master Plan, the design and planning team will be able to navigate the challenges and pain points of all growing cities. A wellbeing-centred approach will ensure that Port Moody continues to be a healthy, inclusive place that values community and nature, and welcomes a wide diversity of people. The following pages present analysis and recommendations for pragmatic actions to ensure that wellbeing is at the heart of the Moody Centre Master Plan.
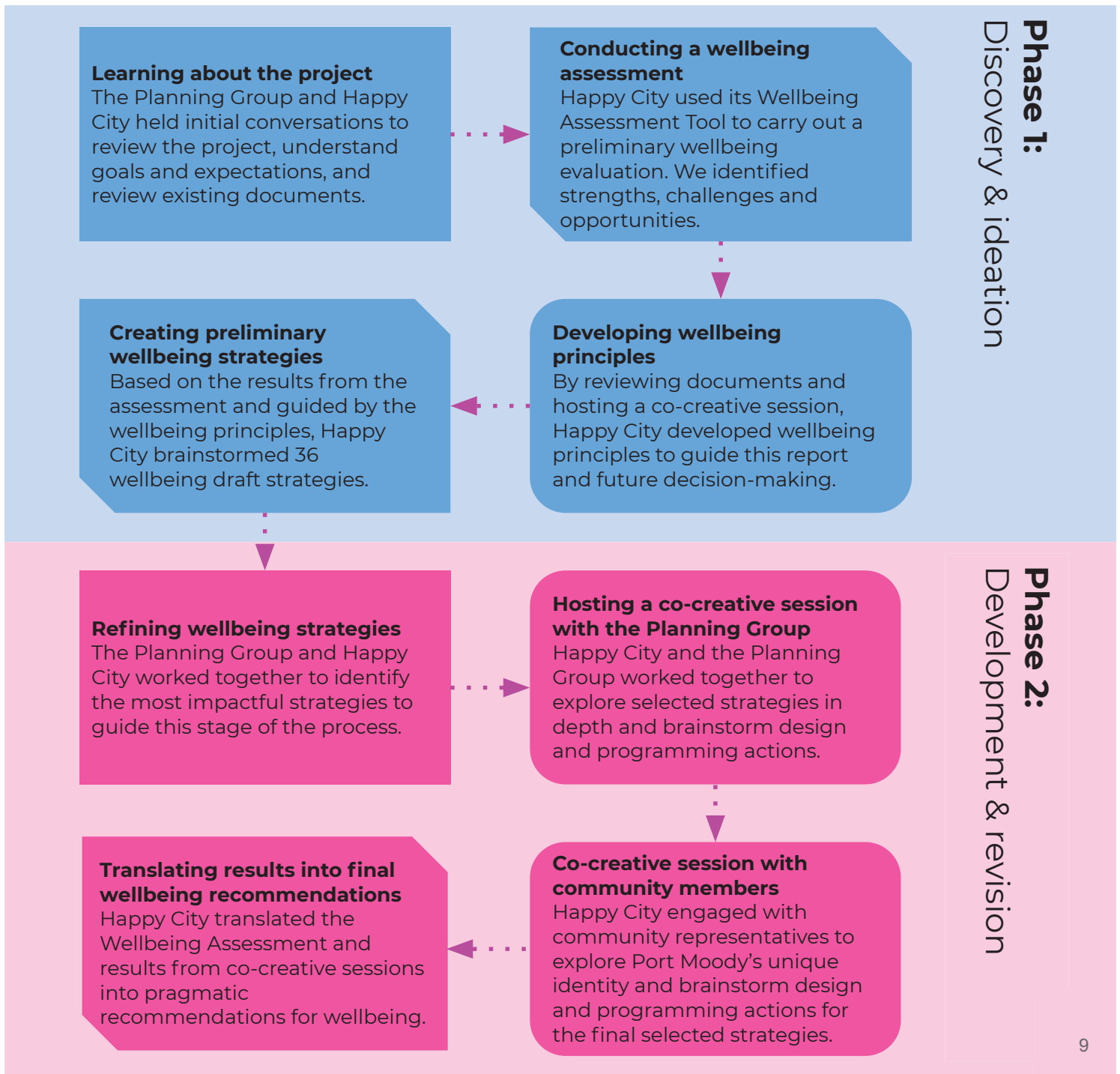
Our co-creative process

Developing actionable and feasible wellbeing recommendations requires close collaboration between the project stakeholders and the community. Below, we outline the co-creative process we followed in drafting this report. For more details about this process, refer to Appendix 1.

Legend of activity types

| Expert-led activities | Collaborative activities | Co-creative activities |

Phase 1: Discovery & ideation

Learning about the project
The Planning Group and Happy City held initial conversations to review the project, understand goals and expectations, and review existing documents.

Conducting a wellbeing assessment
Happy City used its Wellbeing Assessment Tool to carry out a preliminary wellbeing evaluation. We identified strengths, challenges and opportunities.

Creating preliminary wellbeing strategies
Based on the results from the assessment and guided by the wellbeing principles, Happy City brainstormed 36 wellbeing draft strategies.

Developing wellbeing principles
By reviewing documents and hosting a co-creative session, Happy City developed wellbeing principles to guide this report and future decision-making.

Phase 2: Development & revision

Refining wellbeing strategies
The Planning Group and Happy City worked together to identify the most impactful strategies to guide this stage of the process.

Hosting a co-creative session with the Planning Group
Happy City and the Planning Group worked together to explore selected strategies in depth and brainstorm design and programming actions.

Translating results into final wellbeing recommendations
Happy City translated the Wellbeing Assessment and results from co-creative sessions into pragmatic recommendations for wellbeing.

Co-creative session with community members
Happy City engaged with community representatives to explore Port Moody's unique identity and brainstorm design and programming actions for the final selected strategies.

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Master plan wellbeing audit

Conducting the wellbeing audit

Our first step was to analyze how the current master plan achieves urban wellbeing (Appendix 2: Image of Moody Centre Master Plan). To do that, we used our proprietary, evidence-based Community Wellbeing Assessment Tool to measures the site and the current master plan against 80+ urban wellbeing criteria. The audit tracks the criteria along four overarching design realms:

Prime location: Does the location offer access to existing urban infrastructure essential to wellbeing?

The right ingredients: Does the site plan offer the appropriate mix of land-uses, services and opportunities that future residents need?

Connected communities: Does the site plan offer mobility options that encourage happier, healthier and more sustainable ways to get around?

Places for people: Does the site plan offer places and programming that make people feel comfortable, joyful and welcome?

The assessment helps us score the master plan's performance on each design realm. This score is intended to highlight the site's strengths and opportunities for improvement. It is not meant to serve as a certification or seal of approval. The results of this assessment helped us convene the development and design teams to identify principles, strategies and actions to improve wellbeing in Port Moody Centre.

Below we share a summary of assessment results for each design realm.
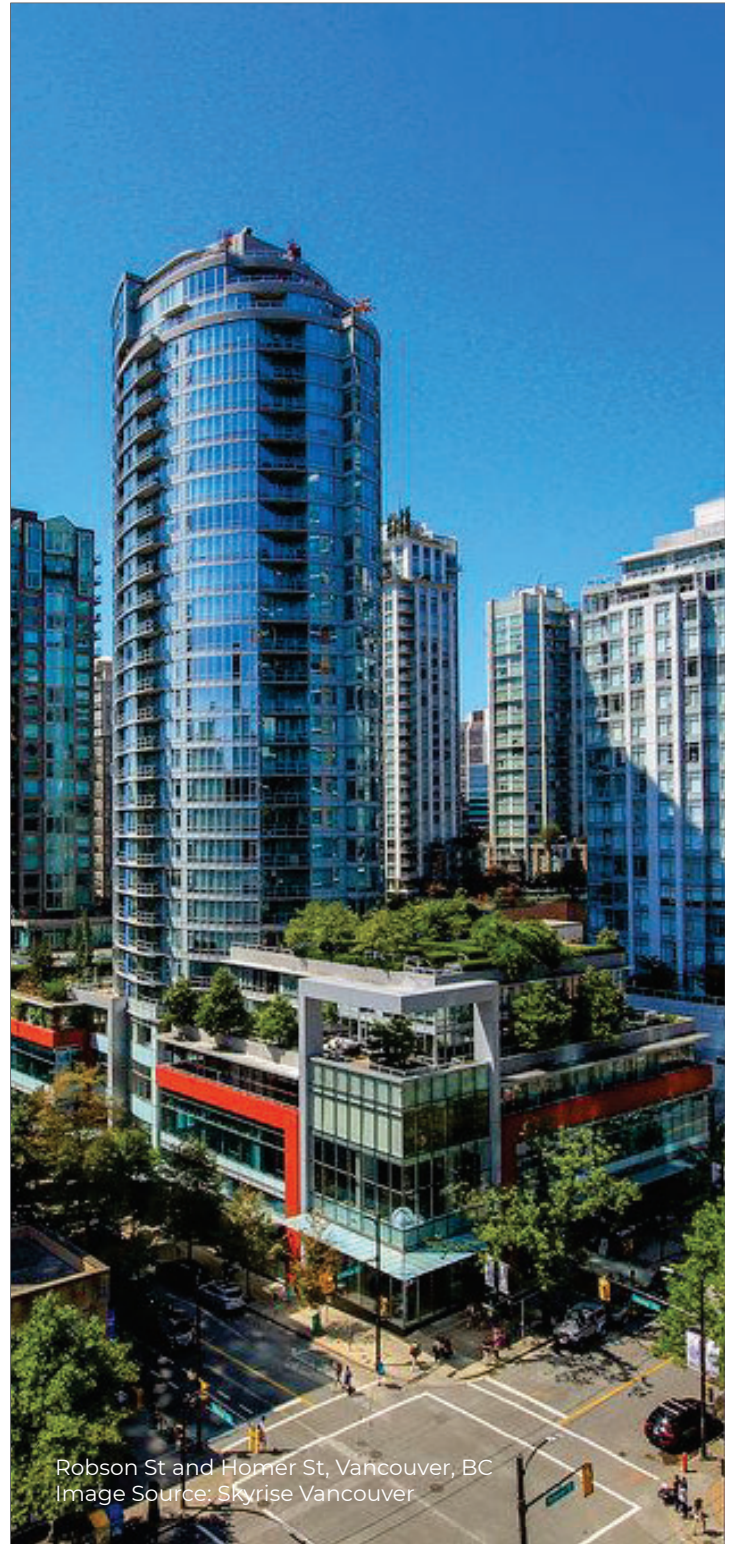
Prime location

Does the location offer access to existing urban infrastructure essential to wellbeing?

Is the site located within or alongside existing community fabric?

Is the site serviced by existing or proposed transit corridors?

Considering these questions, we identified strengths and challenges (next page).

Robson St and Homer St, Vancouver, BC
Image Source: Skyrise Vancouver

Strengths:

1) **Infill: This project is an infill site that replaces under-utilized industrial space.** Replacing this industrial site with a mixed-use community will add jobs and homes, generate economic activity, and encourage more people to live, work and enjoy themselves in Port Moody.

2) **Excellent transit: The site is served by important transit corridors including the SkyTrain and West Coast Express train.** It is also served by multiple, frequent bus routes. These transit connections make it an ideal site to encourage car-less or car-free living, which can boost social wellbeing and reduce climate emissions.

3) **Community connections: The site abuts existing, established communities with good street connections throughout.** This connectivity will allow current and future residents to access any future amenities provided in Moody Centre. It also facilitates a complete pedestrian and cycling network throughout Port Moody.

Challenges:

1) **Rail cut-off: The site is cut off on its northern side by SkyTrain and heavy rail right of ways.** This cut-off is a major barrier to pedestrian and cyclist movement. The existing overpass is a good start; however, future strategies to mitigate the effects of this barrier should be explored. Exposure to the rail noise is also a health concern.

2) **St. Johns Street barrier: A major thoroughfare runs along the southern edge of the site.** This road creates another barrier for pedestrians and cyclists, and poses noise and safety concerns for future residents. St. Johns Street is a six-lane road that allows through-traffic from surrounding communities to cut through Port Moody, often at high speeds. Redesigning this street to improve pedestrian and cyclist safety is critical.

The right ingredients

Does the site plan offer the appropriate mix of land-uses, services and opportunities that future residents need?

Does the site plan co-locate housing density with the primary commercial and employment areas?

Does the site plan adequately use land use and design to create a critical mass of street life that makes businesses, transit and public spaces successful?

Does the site plan provide access to public spaces across the spectrum from small to extra-large?

Does the site plan offer a mix of housing types to meet a broad range of needs?

Does the site plan offer access to essential services and civic facilities such as grocery stores, schools and other daily needs?

For each of these questions we estimate access based on percentage of total housing units. We also use an equity filter to understand how different populations may access these services and opportunities.

From this analysis we have identified strengths and challenges (next page).

Rethinking Urban Planning
Image Source: WSP

Strengths

4) **Density: The site plan appropriately matches jobs and residential density to the level of transit service available.** Since the site has the excellent access to multiple transit corridors, in a region facing housing shortage, it is deemed appropriate to adopt high density urban forms, especially near the SkyTrain station. There are many ways to achieve a high density. The site plan proposes a tower-based high-density model that has many benefits, such as improved views and more open space, but it also creates some challenges (identified in the Places for People realm).

5) **Critical mass: The site plan's main commercial center offers a critical mass of co-located public space, shops, homes and jobs to create a vibrant public life.** Every home, office, shop and transit stop is a starting point or destination for an urban trip. By co-locating these points together, we maximize the chance that commuters will easily combine activities during their journeys.

6) **Walkability: The site offers a blend of shops, services, parks and civic facilities (schools, community centers, etc.) within walking distance to every residential unit on the site**. This ensures that residents can achieve the majority of their weekly needs within walking distance, which is the strongest correlate of healthy living and increases the likelihood of social interaction.

7) **Public space provision: The site offers a variety of public spaces within walking distance of different sizes and landscaping treatments. These offerings allow people to have different experiences.** The multiple pocket parks, riparian parks, urban plazas in different sizes, and mews contribute to the aesthetic complexity and spectrum of opportunities that boost the site's vibrancy and livability. Integrating multiple scales and types of public space throughout the community offers multiple chances for public life to flourish.

Challenges

3) **Walkability details: It's not just about the quantity of services within walking distance, it's also about the variety.** People's weekly needs vary, from grocery stores and coffee shops to pharmacies and services. Not having any of these basic needs within walking distance decreases the likelihood that people will choose to walk to destinations. To ensure this plan meets WalkScore's walkability criteria — an evidence-based criteria of what amenities and services people need to be able to walk to every week — this site requires a commercial space strategy.

4) **Housing forms and ownership: A healthy, resilient community requires diverse housing forms and different types of ownership to meet changing demands.** Further conversations among developers, designers, the City and crown organizations in future stages of the project will help ensure that housing form and tenure address residents' needs. Securing the right partnerships and exploring different ownership models will ensure people with diverse incomes can live at Moody Centre. Further, including different housing forms with varying number of bedrooms will enable families with children and intergenerational families to be part of the community.

Connected communities

Does the site plan offer mobility options that encourage happier, healthier and more sustainable ways to get around?

Is the transit network aligned with land uses to enable transit-oriented development?

Does the site plan offer a highly connected and walkable pedestrian network?

Does the site plan offer multi-modal options for getting around and design streets accordingly?

Does the site plan offer safe streets that enable people of all ages and abilities to get around safely?

Does the site plan offer or connect to a minimum-grid of safe, accessible bikeways?

Considering these questions, we identified strengths and challenges (next page).

Image Source: James Lewis, UnSplash

Strengths

8) **Great transit access: The site offers access to varying levels of transit service that will enable people to reach destinations and services across Metro Vancouver.** This transit access will reduce the number of car trips and enable a healthier lifestyle. It will also enable people who cannot drive or afford a car the opportunity to live in this community.

9) **A highly walkable street grid: The site plan offers a sufficient density of intersections, breaking up long blocks with high-quality pedestrian connections.** This enables walks to be shorter and more direct.

10) **Pedestrian-priority: The site plan clearly identifies areas where pedestrians and cyclists will be prioritized over cars.** It also offers design ideas to ensure slower speeds and a more convivial street environment.

11) **Good cycling connections: The site plan includes a minimum grid of bike lanes that connect excellently with the wider local and regional bike networks.** It is even possible to access the Shoreline Trail via the skytrain station overpass. It also offers grade-separated bike lanes on higher traffic routes. These connections will enable more people to choose cycling as an option, further reducing the prospective number of car trips.

Challenges:

5) **Design details: When it comes to pedestrian safety, the devil is in the details.** Since this master plan is at an early design stage, it is hard to assess how effective the streetscaping design will be in traffic-calming and improving pedestrian safety.

6) **Sustainable mobility infrastructure: It takes more than bike lanes and sidewalks to make sustainable mobility the easy choice.** Acknowledging that we are still at an early design stage, the plan must consider sustainable mobility infrastructure such as bike lockers, bike racks, electric vehicle charging stations, and car-share solutions to enable first-and-last mile mobility options other than the private car.

Places for people

Does the site plan offer places and programming that make people feel comfortable, joyful and welcome?

Do the buildings meet the street with active edges?

Do the streets and buildings work together to offer an enclosed, human-scale experience throughout the site?

Are towers designed to mitigate negative impacts on the street and to reduce isolation?

Is there greenery throughout the site's public spaces and streets?

Are the right foundations there to enable creative placemaking and community expression?

This design realm was harder to assess, as many of these details come at the landscaping or detailed design stage. However, we have conducted analysis based on conversations with the Planning Group, as well as intentions drawn from submitted renderings and the site plan. Success depends on successfully transforming these intentions into detailed designs and placemaking. We have focused on offering strategies that enable the design team to do that.

Considering these factors, we identified strengths and challenges (next page).
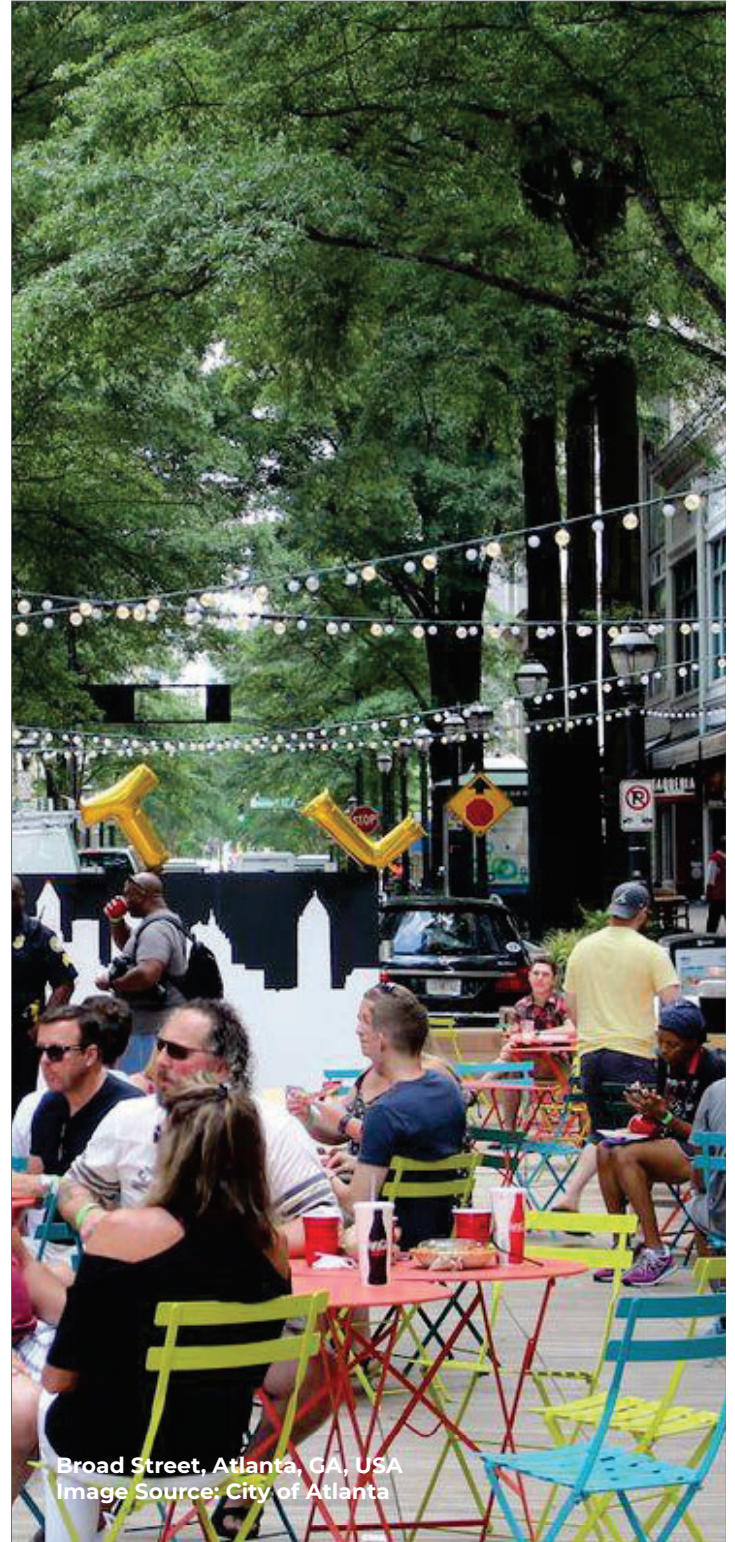
Broad Street, Atlanta, GA, USA
Image Source: City of Atlanta

Strengths

12) **Active edges: The site adequately lines public spaces with active edges (plenty of windows, doors, commercial activity and other things to see or do), while minimizing sections with exposure to blank walls or parking lots.** This encourages people to walk more, and makes walking more enjoyable. Both are essential components of walkability.

13) **Tower massing may support public life: The site plan suggests a tower massing, in which low-rise podiums to frame the street, with taller towers set back from the street and placed in ways to protect views and minimize shadows.** Tower massing can contribute to aesthetic complexity of the site and offer unique views throughout the development.

14) **Good access to nature: The site plan shows an intent to offer nature experiences at different scales (from pocket parks to daylighted creeks), and to line the streets with a consistent row of street trees.** Having nature experiences at every level of the site — including tower rooftops and green podiums — is a strong wellbeing intervention that boosts mental health, cools down urban areas, and improves people's connections to nature.

15) **Public spaces designed for vibrancy: The site plan proposes well-sized public spaces with renderings that show an intent to offer seating, food, shade, and a variety of opportunities for activities.** This is a good foundation to enable creative placemaking once residents move in. These sites can host future events and activities. Further, Spring Street is envisioned to promote walkability throughout the site and connect the diversity of public spaces.

Challenges

7) **Too early to tell: The project is not far enough along the design process to give a conclusive assessment of success in the Places for People realm.** However, we have not identified any issues that would hinder these efforts in the future.

8) **Too early to identify a clear community identity: The site plan and renderings will need to be further refined in further stages to portray Port Moody's unique community identity.** In future stages, detailed renderings and drawings should differentiate this site from other dense centres in Metro Vancouver. It is essential that the next design stages dive deep into the aesthetic details and place configuration to offer a clear community identity that will shape the design of buildings, public spaces and other offerings in this community. This identity should reflect the needs and desires of diverse communities, and display the Indigenous histories of the land. Doing so is crucial to fostering place belonging and a strong commercial center.

9) **Towers can be isolating: Towers, by default, can put many people in close proximity, while reducing people's ability to control their social exposure.** Good design can mitigate social isolation. We offer strategies to provide transition spaces and elements that help control social exposure, either for privacy or to boost sociability opportunities. Finding opportunities for positive social interaction requires collaboration between the developers, architects and city staff to remove common barriers to more social design.

A wellbeing framework for Moody Centre

After identifying the challenges and opportunities associated with the Moody Centre site and the current plan, we set about developing wellbeing principles, strategies and actions to guide decision-making on the Moody Centre Master Plan. To this end, we combined wellbeing evidence with learnings from planning and policy documents, and lessons from our co-creative sessions with the Planning Group and community members.

The analysis and recommendations in this report are organized at three scales: **Principles, Strategies** and **Actions**.

Definitions

Principles

Our wellbeing principles serve as a framework of high-level aspirations and values that guide all of our strategies and actions. They embody evidence as well as the values we heard during our engagement with stakeholders.

Strategies

Strategies are containers for a variety of actions that can fulfil project principles. They provide general guidance for designers, architects and landscape architects, while maintaining the flexibility for an array of ideas to emerge. The strategies in this report address challenges identified during the wellbeing assessment, as well as challenges identified by City staff and Council. In some cases, multiple principles can be fulfilled through a single strategy.

Actions

Actions are specific policies, design or programming ideas intended to fulfill principles and strategies. They can be implemented or used as inspiration to show how the principles and strategies can be fulfilled.

This report is organized around eight priority strategies, each accompanied by a series of high-impact actions and supplementary actions. **High-impact actions** should be prioritized as they carry great opportunity to enhance wellbeing. **Supplementary actions** support the implementation of high-impact actions.

 Note: When an action features this '**community icon**' (left), it means that community members have highlighted these as really important!

Wellbeing principles

Happy City draws on insights from public health, neuroscience, behavioural economics and environmental psychology to guide the design, programming and implementation of developments and mixed-use neighbourhoods. For Moody Centre, we worked with the Planning Group to combine this evidence base with learnings from local policies and engagement activities to create a set of unique wellbeing principles for the Moody Centre Master Plan. These principles can inform various stages of project development in order to nurture health, happiness, and wellbeing:

A social place
A place where neighbours can bump into each other through diverse public realm experiences and shared spaces that cultivate meaningful social relationships.

A sense of belonging
A beloved, sought-after place where people put down roots and foster emotional connections with their community and neighbours.

A unique identity
A beautiful destination that offers unique experiences and uses arts and culture to set itself apart from other transit-oriented developments in Metro Vancouver.

A place for all
An inclusive, vibrant, mixed-use community that provides homes and employment for people with diverse incomes, ages, abilities and cultural backgrounds.

A resilient community
A sustainable community that can adapt to inevitable growth, unforeseen challenges and the evolving needs of residents.

An active lifestyle
A place that prioritizes pedestrian connections where a healthy, low-emissions lifestyle is an easy and convenient choice for residents.

A place to enjoy nature
A community to bring residents and visitors closer to nature, promoting a culture of appreciation and care for our natural environment.

* Look for these icons in the sections below to see which principles are fulfilled by various strategies and actions.

Strategies & actions

How can we meet the aspirations described in the Moody Centre wellbeing principles? We developed strategies and actions collaboratively with feedback from the co-creative sessions. In this section we present all the actions, grouped into eight key strategies. We developed one strategy for each principle with the exception of 'A Social Place' for which we developed two.
For each strategy we share:

1. **Why is this important?** We share wellbeing evidence and analysis explaining why this strategy matters for the Moody Centre project.
2. **Addressing challenges identified by City staff, Council & wellbeing assessment:** We list identified issues and show how they are addressed by the strategy.
3. **Actions:** We share high-impact and supplementary actions. High-impact actions should be prioritized.
4. **Timeline**: When actions can be implemented: during the planning stage (OCP), detailed design stage, or the post-occupancy stage.

Strategy 1
Diverse public spaces

Strategy 2
Transitional spaces

Strategy 3
Local character

Strategy 4
Unique vertical community

Strategy 5
Mixed-use places

Strategy 6
Housing diversity

Strategy 7
Walkability first

Strategy 8
Nature everywhere

Strategy 1

Diverse public spaces

Include small, medium and large public spaces with different activities throughout the community.

Principle addressed:

A social place

Other principles the strategy supports:

Why is it important?

Diverse scales of public space offer different experiences and help enable both casual and long-term relationships between residents of varying ages and backgrounds. This strategy helps ensure a diverse range of people can find places of meaning in the community, and helps bring people from different backgrounds together.

People connect at various scales
People need to be able to connect with people at different scales of intimacy in order to fulfill their social needs. Having spaces to gather with four or five friends, spaces for up to 50 people and opportunities to gather with a larger circle of community (up to 150 people), helps address our range of sociability needs.

Addressing challenges identified by City staff, Council & wellbeing audit:

This strategy will:

Help **maintain the character** and unique identity of Port Moody. By including different scales of public spaces and a variety of experiences, **including daylight creeks** and diverse **types of green spaces**, it will be possible to attract users to Moody Centre and **avoid overburdening Rocky Point Park.** This strategy addresses the need to **create a centre for the community** with different **joyful experiences** for diverse demographics. It integrates the vision of creating a **vibrant transit plaza that can hold larger events.**

This strategy addresses challenges 5, 7 and 8 identified in the wellbeing audit, and builds on strengths 3, 6, 7, 14 and 15.

Why is it important? (continued)

Intimate spaces combat loneliness

Small spaces can facilitate both short casual conversations (3-5 minutes) and long encounters between friends. Introverts are more likely to engage strangers in conversation when they don't feel overcrowded and have the possibility of retreating.

Intergenerational interactions need a home

Port Moody is a family-oriented community, but it also has a fast-growing number of single households, including seniors. Opportunities that allow grandparents to spend meaningful time with their grandchildren can strengthen family relationships and build support between people of different ages. When seniors have an opportunity to share their life stories with children, their feelings of loneliness decrease and life satisfaction improves.

Access must be universal

Accessibility is critical to people living with disability. In BC, approximately a quarter of residents live with a disability. A study in the UK showed that 75% of people with disabilities had to abandon their visits to local businesses due to a lack of accessible infrastructure.

Everyone should have opportunities to experience public spaces

People enjoy having different types of public spaces that offer a wide variety of experiences within their community. A rich aesthetic and functioning community addresses the interests of diverse populations and allows people to experience their community in different ways. Different approaches to the design of public space ensure people feel welcome and find places that relate to their background, history, and even customs.

Sun for you, shade for me

Sunlight and natural daylight can improve mood, lower fatigue, increase productivity, and decrease rates of depression. When people are comfortable, they are more likely to socialize, especially if a space feels pleasant. Seating should offer options to be either in the sun or shade, and protected from the elements.

Everyone should feel safe in public places

People are more likely to stay and enjoy a space when they feel comfortable and safe. This allows them to engage in casual conversations with others, which is the first step towards forming deeper relationships. Residents feel safer when the spaces they navigate are not just accessible, but are *easy to read*. This can be achieved by creating clear boundaries, visual connections, and a strong wayfinding system.

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High-impact actions

1.1 Complement Rocky Point Park

Ensure that public spaces at Moody Centre complement Rocky Point Park and fulfill the needs of Moody Centre residents and those of adjacent communities.

1.2 Small intimate spaces

Provide public spaces for more intimate gatherings with a subtle separation from larger public spaces.

1.3 Connected public spaces

Design physically and visually interconnected public spaces that represent residents' diversity and cater to their different interests.

1.4 Spaces for intergenerational play

Design public spaces that can host people from different age groups by co-locating playgrounds, seating opportunities, shaded areas, water features, and washroom services.

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Supplementary actions

1.5 Safe spaces for children
Design small public spaces that are safe and feel welcoming for small children. Consider wooden fences and natural barriers that keep children safe from traffic.

1.6 Accessible public spaces
Ensure that all public spaces can be accessed through ramps, and that staircases have railings to aid people with mobility impairments.

1.7 Welcome cultural diversity
Design public spaces that embrace residents' different cultural backgrounds. Ensure that the aesthetic design helps all people feel welcome.

1.8 Weather protection
Design a weather-protected, covered public space with year-round features and functionality.

1.9 A vibrant transit plaza
Design a public plaza where civic events can be carried out, for instance a Christmas tree, public demonstrations and events.

1.10 Flexibility in larger public spaces
Create larger spaces that are flexible enough to host a festival, but also daily activities such as dancing, yoga sessions, art exhibits or craft classes.
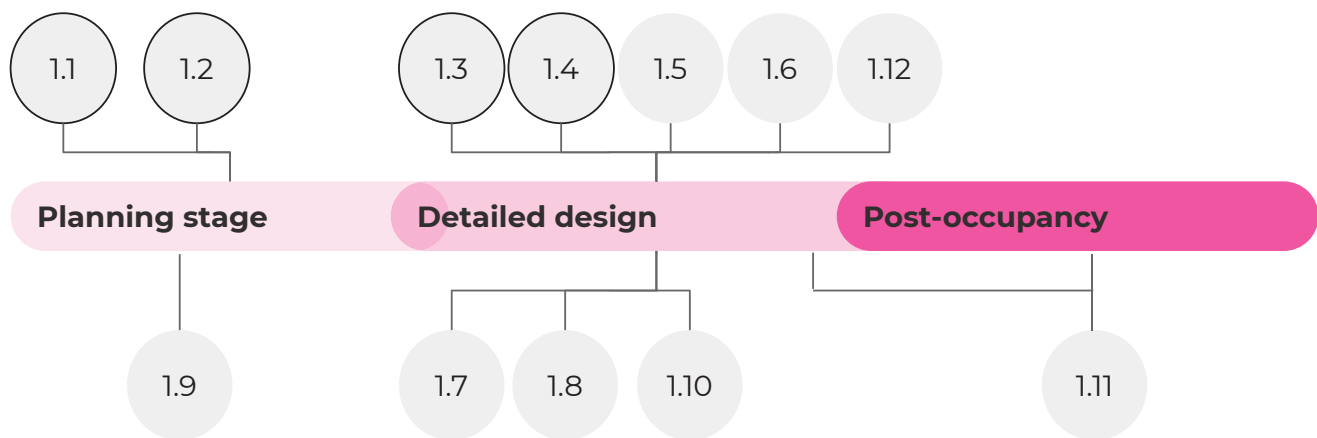
1.11 Spaces for play
Include public spaces with giant chess boards and creative playgrounds that stimulate people's minds.

1.12 Balance sun and shade
Design public spaces that intentionally include opportunities for people to enjoy sun and shade.

Timeline for carrying out these actions:

1.1 1.2	1.3 1.4 1.5 1.6 1.12		
Planning stage	**Detailed design**	**Post-occupancy**	
1.9	1.7 1.8 1.10	1.11	

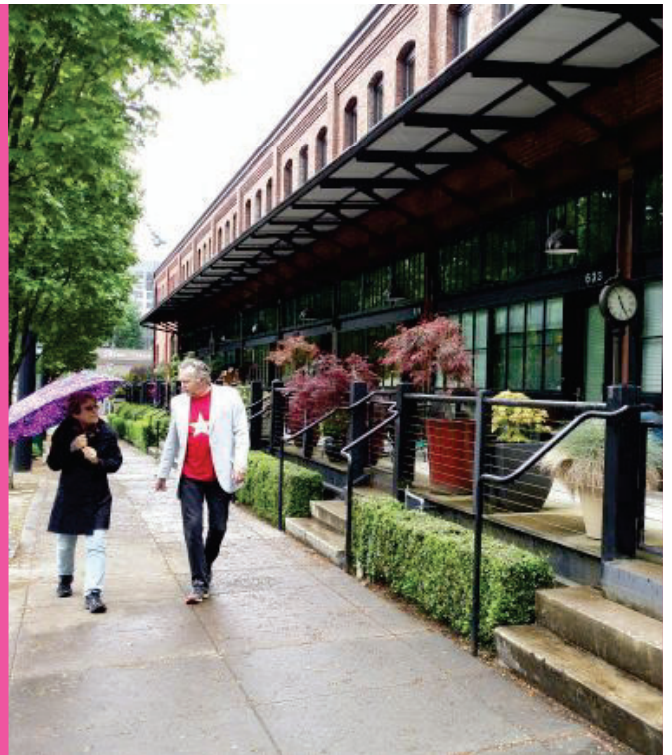# Strategy 2

Transitional spaces

Provide a legible, gradual transition between public and private spaces.

Principle addressed:

A social place

Other principles the strategy supports:

Why is it important?

Clear transitions between public and private allow residents to control their exposure to others, thereby increasing their sense of comfort and their likelihood of interacting with their neighbours.

Casual interactions are good for neighbours and good for business
Semi-private spaces, like porches, allow residents to engage in casual interaction and get to know their neighbours. Adding patios and other types of transition spaces to grade-level businesses attracts people so they are more likely to linger outside the building. This pattern results in increased success for businesses.

Addressing challenges identified by City staff, Council & wellbeing audit:

This strategy will:

Help **maintain the character** of Port Moody. By paying special attention to the design of the street edge and second floor levels, Moody Centre will become a **pedestrian-first place** that encourages an active lifestyle. Transition spaces that welcome passersby and invite them to linger along commercial facades will **promote community life and joyful experiences.**

This strategy addresses challenges 3, 5, 6 and 9 identified in the wellbeing audit, and builds on strengths 6, 12, 13 and 15.

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Why is it important? (continued)

Prospect and refuge
Residents report higher satisfaction when they have access to semi-private spaces that overlook the street. These spaces enable them to feel part of the public and street life, and provide them with opportunities to meet and interact with passersby.

Design elements enable people to their mediate social exposure
Separation between lots, blocks and streets helps distinguish private from public space. This contributes to residents' sense of personal territory, safety and satisfaction. Fences are useful for demarking space, but should be low enough to allow people to easily see each other and connect verbally, if they wish. Designed entrances with furniture may also encourage social interaction.

### Transition spaces can be social engines
Evidence shows that triangulation (the process by which some external stimulus provides a linkage between people and prompts strangers to talk to other strangers as if they knew each other) has proven to be a successful way of nurturing local connections. Small book libraries, seed libraries, bike repair stations, and water stations for people and pets all represent examples of nodes that promote triangulation. These amenities become the external stimuli that bring people together.
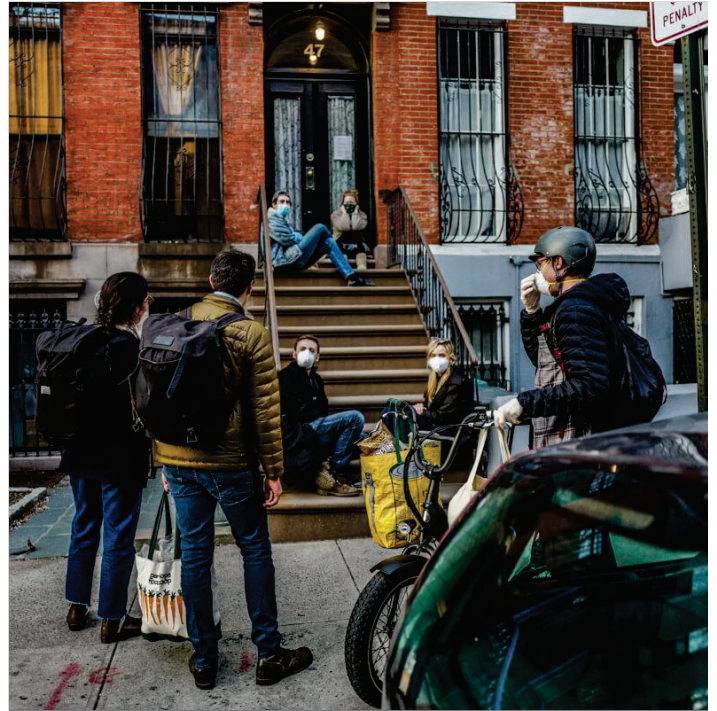
Abundant seating is a health intervention
Opportunities to sit allow people of all ages and abilities to comfortably navigate spaces without feeling like they cannot stop and rest when they need to. Seating also encourages people to linger in the space, increasing their chances of having a social encounter with their neighbours. Seating should be made attractive by including a well-maintained landscape and features with different shapes and colours.

High-impact actions
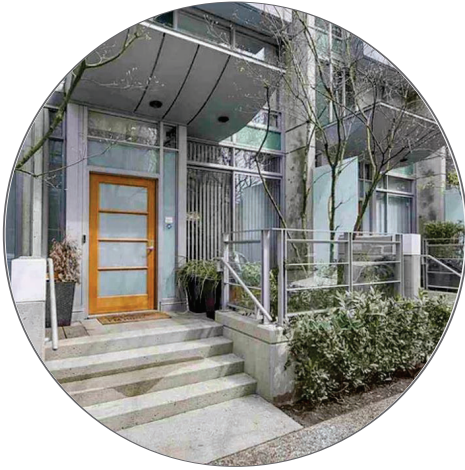
2.1 Setback from public realm

For townhomes and units at grade level, create a setback of 1.5 to 3 m between the sidewalk and household entrance.

2.2 Commercial transition spaces

Include small patios next to grade-level stores that provide opportunities for passersby to sit, enjoy nature, or stop at small shared libraries.

2.3 Separate with greenery

Use greenery as a transition element between private and public spaces, such as a garden box with benches or structures that allow climbing plants to provide shade.

2.4 Fine-grained scale

Break down facades to maintain a human scale at grade level. In the case of big chain stores, use different materials, small setbacks and seating opportunities to maintain fine-grained scale.

Supplementary actions

2.5 Control social exposure
Design screens, setbacks and landscapes that enable homes at grade level to control their social exposure.

2.6 Social nooks
Include small social nooks across the development where a small library, bike repair station, or water fountain for humans and dogs can bring people together.

2.7 Small changes in grade
Design elevated public spaces that overlook the public realm to create a subtle transition between public and semi-private spaces.

2.8 Connection to public realm
Ensure all units and amenity spaces within the podium have generous balconies to enhance connections to the public realm.

2.9 Ground treatment
Use different ground treatments and materials to indicate changes in use.

2.10 Lobbies as social spaces
Design lobbies as marketplaces and activity hubs that are available for both residents and the wider community to use.
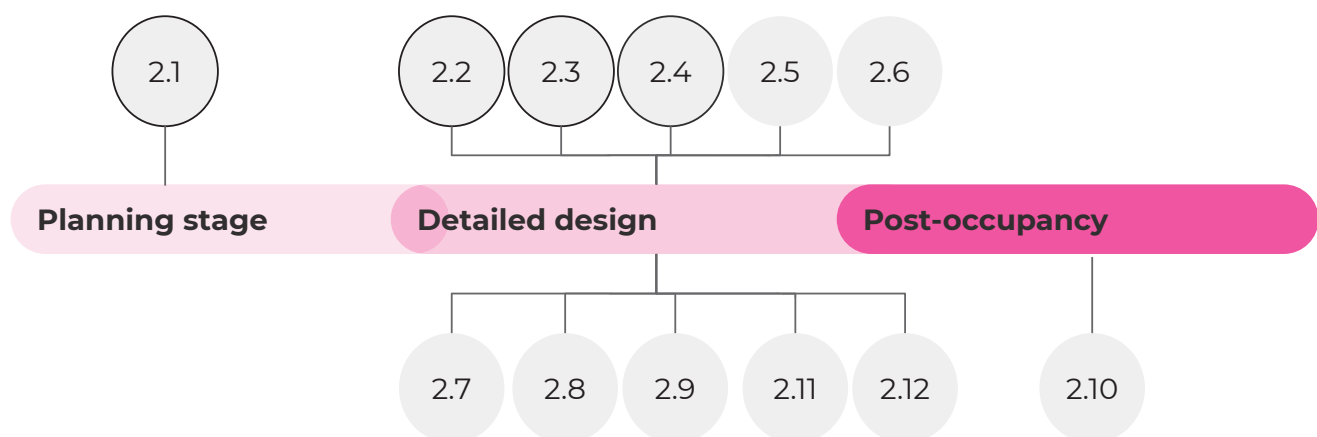
2.11 Gardens at entrances
Include garden plots in the front yards or patios of residential towers to allow residents to connect with passersby.

2.12 Shaded sidewalks
Include trees every 10 to 15 metres to ensure sidewalks will be protected by a tree canopy over time. Complement trees with structures that allow climbing plants to provide shade.

Timeline for carrying out these actions:

2.1				

| | 2.2 | 2.3 | 2.4 | 2.5 | 2.6 |

Planning stage · **Detailed design** · **Post-occupancy**

| 2.7 | 2.8 | 2.9 | 2.11 | 2.12 | 2.10 |

Strategy 3

Local character

Provide aesthetic features that represent Port Moody's unique character.

Principle addressed:

A sense of belonging

Other principles the strategy supports:

Why is it important?

A neighbourhood that celebrates Port Moody's unique character will support a sense of community and belonging, while becoming a highly sought-after place to live.

Art nurtures identity
Designers should reflect local history in the building design while keeping some areas available for residents' self-expression. Collaborative art or co-creation leads to lower levels of stress, higher levels of perceived social support and increased feelings of belonging and inclusion. Providing people with options to express themselves fulfills the human need for choice. A cohesive art concept can be achieved by working together with artists and the community to imagine something that is culturally relevant, and that can be translated into the design of building facades.

Addressing challenges identified by City staff, Council & wellbeing audit:

This strategy will:

Help **maintain the character** of Port Moody. Creating a **proper centre for the community** that is uniquely identifiable will not only maintain but will help shape the regional identity of Port Moody.

By providing a unique experience, Moody Centre will be successful locally and regionally, and will show that **growth can benefit the community.** It will also encourage high-rise buildings to **maintain a distinct character.**

This strategy addresses challenges 6, 7 and 8 identified in the wellbeing audit, and builds on strengths 5 -7 and 12 - 15.

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Why is it important? (continued)

Reflecting local history

Port Moody has the opportunity to connect its existing identity with the desires and aspirations that can attract younger families to the area. A balance between old and new is required to ensure that everyone feels welcome in the new Moody Centre development. Celebrating and referring to the existing context, while allowing room for innovation and resident input, can create a highly-sought after community.

Aesthetic complexity creates a sense of place

Variety in facade design reduces perceived density and boosts residents' sense of place. People are more likely to walk in places where they can experience different materials, colours and shapes. However, it is important to maintain an overarching concept or aesthetic approach that ensures the built environment is perceived as interesting, rather than chaotic. The design of all buildings should include recurring elements to foster a sense of unity, while still including unique features that support a particular sense of identity for each building.

Public art can be part of reconciliation

The incorporation of Indigenous art provides opportunities to connect the site to the land's history through collaboration with Kwikwetlem, Musqueam, Squamish, Stó:lō and Tsleil-Waututh artists. Reflections of local Indigenous culture in art, through the hiring of Indigenous artists, serves to emphasize the connections between land, place and history, while supporting a sense of meaning and belonging in a space. Highlighting local Indigenous arts and culture in shared spaces is a small step towards reconciliation.

Lovely streets encourage pedestrian activity

Shoppers are willing to walk three times as far along lively streets lined with small shops than they would through large parking lots. A separate study found that most people will happily walk 800 metres along an active facade. Happy City's public space experiments have also found that people are both happier and kinder to strangers along street edges with an abundance of smaller shops and services.

High-impact actions

3.1 A Moody Centre specialty experience

Use nature, culture and recognizable local businesses to shape an experience that one cannot have in any other community. This shapes a distinct identity for Moody Centre.

3.2 Diverse art expression

Embrace different art expressions that represent the diverse cultures found within Port Moody. Make sure art honours the past and provides opportunities for new generations to shape their community.

3.3 Art and environmental action

Use artistic installations and programs as a way to create awareness about the climate emergency. Ensure that the community is able to participate, with guidance from community artists.

3.4 Unique architecture style

Ensure that residents' perspectives are captured when creating design guidelines that make Moody Centre uniquely identifiable from other communities. Avoid prescriptive guidelines that create barriers for creative use of materials.

Supplementary actions

3.5 Spaces for art

Ensure Moody Centre goes beyond simply providing art installations by creating spaces where art is practiced and builds a sense of community. For instance, consider an annual art festival.

3.6 Artistic partnerships

Promote private-, public- and community-led initiatives that help consolidate Port Moody's vision as City of the Arts.

3.7 Involvement in art

Create opportunities for the community to be involved in artistic and creative programs. Enable community artists to shape the artistic vision.

3.8 Form and function

Ensure buildings' form and aesthetic appearance reflect the function they serve and that they integrate and enhance with Moody Centre's overall character.

3.9 Unique aesthetic

Vary the appearance of buildings by using brick, wood and concrete in diverse and innovative ways.

3.10 Accessible materials

Consider ground treatments that allow seniors, people using a wheelchair, and strollers to access pathways and recreational areas. For instance, use rubber material instead of grass.
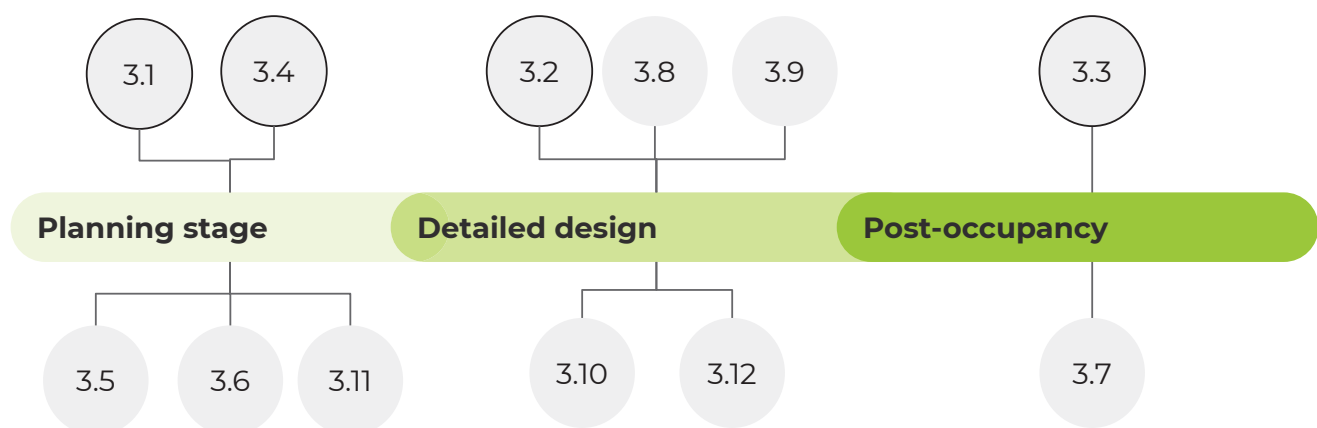
3.11 Include pedestrian paths

Include small pedestrian paths through long blocks that are linked to townhouses and/or front yards to create space for residents and pedestrians.

3.12 Courtyards and intimate spaces

Create opportunities across Moody Centre for small public spaces that can be enjoyed by families and close friends. This will help maintain the small city feeling and nourish meaningful social connections.

Timeline for carrying out these actions:

| 3.1 | 3.4 | | 3.2 | 3.8 | 3.9 | | 3.3 |

| Planning stage | Detailed design | Post-occupancy |

| 3.5 | 3.6 | 3.11 | | 3.10 | 3.12 | | 3.7 |

Strategy 4

Unique vertical community

Create a unique approach to high-rises by providing opportunities for residents to socialize and experience a distinct aesthetic identity.

Principle addressed:

A unique identity

Other principles the strategy supports:

Why is it important?

A dense community where the primary housing form is high-rises can pose challenges to creating diverse opportunities to socialize and deepen feelings of belonging. However, there are many actions that can successfully mitigate the impacts of high-rise living.

Shared spaces nurture neighbourliness

People need common spaces to connect and cultivate meaningful relationships. A sense of comfort in shared spaces encourages residents to linger and spend time with neighbours. This allows them to engage in casual conversations with others, which is the first step towards forming deeper relationships.

Addressing challenges identified by City staff, Council & wellbeing audit:

This strategy will:

Help **maintain the character** of Port Moody. By providing spaces and programming opportunities for people living in high-rises to socially connect, such as distributed amenity spaces and **activated rooftops,** Moody Centre will demonstrate that **it is possible to accommodate growth** while creating caring, empathetic and **community-oriented environments**.

The addition of outdoor terraces that are connected to indoor amenity spaces will result in setbacks at different heights and support the **design of slimer towers.**

This strategy addresses challenges 7, 8 and 9 identified in the wellbeing audit, and builds on strengths 1, 4, 5, 13 and 14.

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Why is it important? (continued)

Casual encounters boost residents' wellbeing

A rich community life can be based on what might seem like insignificant meetings with neighbours. Strong social connections emerge when people have opportunities for light and unscheduled interactions with a limited number of neighbours. These interactions can occur in circulation and service spaces, and can be facilitated through intentional design of spaces.

Residents need a range of common spaces

Common spaces shared by small groups of neighbours improve satisfaction and reduce perceptions of crowding. In multi-unit housing, the perception of crowding can corrode social interactions with other residents and the community.

Mitigating the impacts of high-rise development on children

Children growing up in high-rises can face development challenges. Parents do not feel safe letting children on upper floors play unsupervised outdoors, which restricts children's outdoor play time and socialization. A Japanese study found that young children living above the fifth floor were slower to develop basic skills such as dressing themselves and helping with household tasks. Creating semi-public spaces throughout the development can give parents and kids a chance to feel safe and easily access enriching social spaces.

Fostering self-expression in high-rise communities

Multi-unit housing typically offers dozens or hundreds of housing units that are identical (or very similar) in appearance. Therefore, giving residents a chance to differentiate their units can support social wellbeing by allowing self-expression. Self-expression holds an important place in defining a collective identity and developing a sense of belonging. People are more likely to communicate well and develop a sense of empathy towards one another when they can share their ideas. Residents report greater satisfaction when they can personalize their spaces to reflect their own identities and tastes.

High-impact actions

4.1 Social animator

Lead the development of a program with a social animator to help get social activities started in the building when people first move in.

4.2 Amenities for all interests

Incorporate shared workshops and other facilities that cater to diverse interests — for instance, studios where residents can practice woodwork or pottery.

4.3 Social clusters

Create neighbourhoods within larger buildings that are centered around shared spaces, such as small social clusters or social corridors.

4.4 Connected indoor-outdoor spaces

Ensure that amenity spaces have direct access to outdoor shared spaces, such as a podium-level terrace connected to an interior lounge. Allow for residents to access nature at all levels of the development.

Supplementary actions

4.5 Adaptable amenities
Design amenity spaces that can be transformed over time to address residents' evolving needs.

4.6 Unique doorways
Allow people to customize the doorway to their unit, such as by selecting a dutch door, painting it different colours, or adding signage and art.

4.7 Get to know your neighbors
Create a system such as a website or message board where residents can build a profile so that others can get to know them and their interests.

4.8 Social circulation
Maximize social opportunities around elevator landings, corridors and stairwells by providing areas to pause and features such as art, plants and windows.

4.9 Social lobbies
Create social lobbies that incorporate multiple uses, such as permanent or pop-up retail, places to pause, and areas of interest.

4.10 Unique architecture
Create a unique architectural expression for each tower that reflects the character of the community.

4.11 Shared workspaces
Create bookable meeting rooms for residents who work from home and need a space to take a phone call or host a meeting.

4.12 Community mingling
Create opportunities for residents of different towers to mingle with each other, through shared activities or amenities.

Timeline for carrying out these actions:

| 4.2 | 4.3 | 4.4 | 4.5 | | 4.1 | 4.12 |

| Planning stage | Detailed design | Post-occupancy |

| 4.10 | 4.8 | 4.9 | 4.11 | 4.7 | 4.6 |
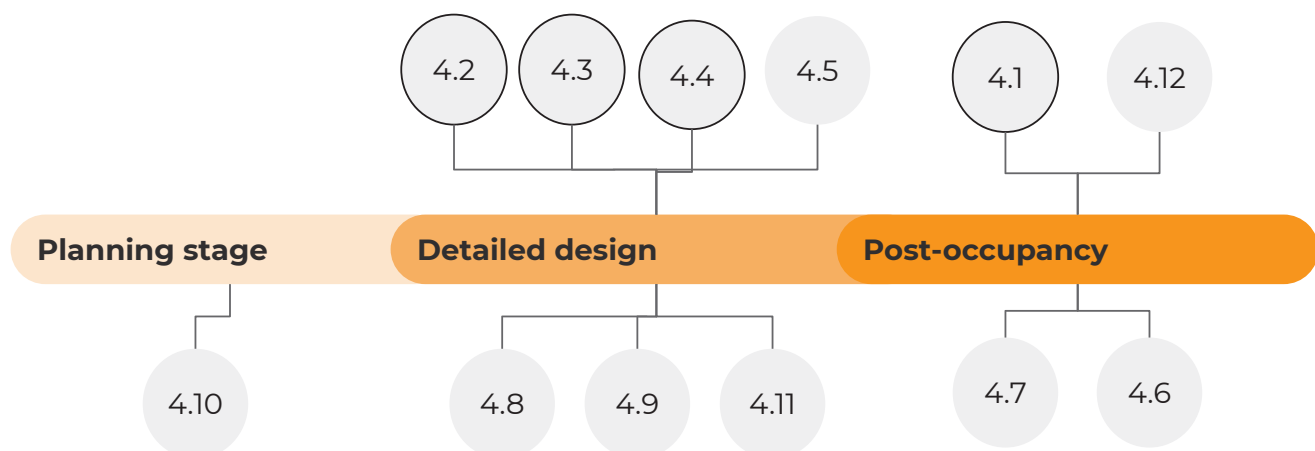
Strategy 5

Mixed-use places

Ensure that Moody Centre Master Plan includes a mix of places to live, work and play.

Principle addressed:

A place for all

Other principles the strategy supports:

Why is it important?

A mixed-use community provides vibrancy and opportunities for residents to spend less time travelling, and more time doing activities with family, friends and neighbours.

Boosting livability

Mixed-use places host a wide variety of activities throughout the day. Most livable places around the world bring different uses together and ensure that people are able to enjoy them in the morning, afternoon and evening. Neighbourhoods that focus on a specific land use often miss opportunities to add liveability and may fail to promote a sense of safety during certain hours of the day. An office park, for instance, will be active during the day, but will become almost empty after 5 p.m. This can be addressed by mixing office space with housing and cultural or recreational opportunities.

Addressing challenges identified by City staff, Council & wellbeing audit:

This strategy will:

Create places that generate **diverse employment opportunities** and contribute to the **0.42 jobs per person** target set by Council. Diverse employment also ensures that the community is not reliant on any one industry or type of employment, creating **a more resilient economy.**

Providing ground-level commercial and service offerings will create a **pedestrian-oriented place** that engenders a sense of identity and belonging. The residential and commercial mix ensures that the **transit plaza is vibrant,** and that people have **joyful experiences** walking through it.

This strategy addresses challenges 3, 5, 7 and 8 identified in the wellbeing audit, and builds on strengths 1-6, 8 and 12.

Why is it important? (continued)

Promoting social inclusion

Inclusion matters for wellbeing. Services that are provided in mixed-use places should take into account the different income levels among people that will occupy the space. Providing a wide spectrum of commercial and recreational activities that cater to people's different lifestyles, will ensure that everyone is able to be an active part of the community.

Reducing dependence on private vehicles

When people are able to walk to restaurants, services, schools, cultural facilities, parks and workplaces, the need for private vehicles is reduced. In a TOD, mixed use is crucial to promote walkability and active transportation options. By reducing the need for vehicle travel, mixed-use developments can prioritize shared community spaces. Plazas, parks, and wide sidewalks foster social interaction among people. Reducing private vehicle use provides residents with more opportunities to spend time together, boosting their sense of belonging.

Fostering local business opportunities

Local businesses recycle much more money into communities than chain stores do. Local businesses show vibrancy and stability in the neighbourhood: they are committed to their neighbourhoods and donate more to local community programs than their chain counterparts. Developers can add value to a development by activating underutilized space to increase foot traffic to commercial units.

High-impact actions

5.1 More than office jobs

Provide a variety of quality commercial, community and office space that allows for more variety in jobs on site. This helps achieve Council's target of 0.42 jobs/acre.

5.2 Smaller scale commerce

Intentionally create space for small stores within the development. This incentivizes local ownership and entrepreneurship. These spaces should line up to create a strong 'main street' experience.

5.3 Vibrant food scene

Provide a wide range of restaurants (i.e. casual, fancy, breweries, cafes). Allow restaurants to spill out into streets via patios and food trucks, and around the transit plaza.

5.4 Post-secondary education

Create a post-secondary educational facility in Moody Centre that will attract both students and employment to the community. This facility should anchor and support commercial spaces.

Supplementary actions

5.5 Pop-up opportunities
Create opportunities for pop-up commercial uses in the transit plaza, for instance, like an art festival or farmers' market.

5.6 Multi-generational uses
Provide opportunities for cultural services that cater to different demographics' needs and interests. If possible, co-locate daycares and seniors' centres to offer social opportunities and multi-generational support.

5.7 Performance arts centre
Create a Moody Centre performance arts venue that would host theatre, dance and other events.

5.8 Diverse residents
Provide spaces and programming that encourage residents from different cultural backgrounds to celebrate their cultures and connect with each other.

5.9 Active participation
Create opportunities for people to be involved in the activation of spaces. Ensure participatory inclusive methods are incorporated to ensure people from different cultural backgrounds, age groups and interests are part of the decision-making process.

5.10 Anchor companies
Attract anchor companies that may be larger, in order to balance out small and medium-sized businesses to help drive innovation and create a critical mass of activity.

Timeline for carrying out these actions:

Planning stage	Detailed design	Post-occupancy
5.3 5.4	5.2	5.6 5.5 5.8
5.7 5.1	5.10	5.9
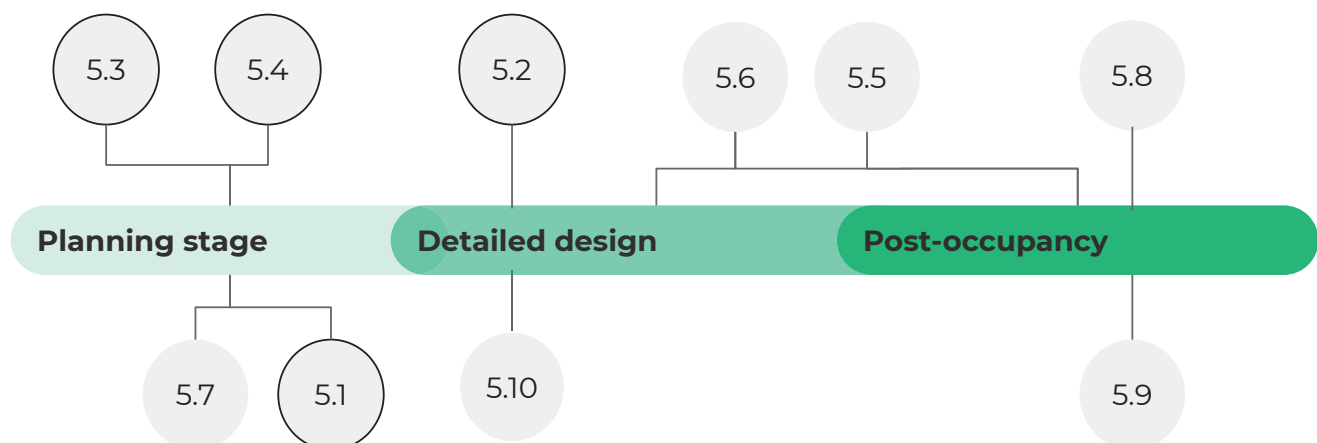
Strategy 6

Housing diversity

Ensure the development includes housing typologies with a variety of bedrooms and tenures that address the needs of diverse populations.

Principle addressed:

A resilient community

Other principles the strategy supports:

Why is it important?

Diverse housing helps build a strong community where residents have options on where they want to live, allowing them to remain in the community over the long-term.

Secure tenure

Being able to remain in the same place has an impact on people's sense of community. People who live in the same building or neighborhood for a long time generally report higher life satisfaction, interpersonal trust, and sense of belonging. People who have been living in their neighbourhood for many years are more likely to participate in community events, more likely to want to get to know their neighbours, and more likely to help when asked. Conversely, the more often children have to move, the higher their chance of developing behavioural and emotional problems.

Addressing challenges identified by City staff, Council & wellbeing audit:

This strategy will:

Help **maintain the character and identity** of Port Moody as a welcoming and diverse community. By providing a wide **diversity of housing typologies and tenures,** the new development will ensure that people with different incomes and household configurations have a place they call home at Moody centre.

The strategy suggests providing flexible indoor and outdoor amenity spaces to ensure residents' various interests are embraced. **Rooftops and podiums become ideal spaces to promote social interactions** between neighbours and with the broader community.

This strategy addresses challenges 4 and 9 identified in the wellbeing audit, and builds on strengths 1, 4, 13 and 14.

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Why is it important? (continued)

Helping people age in place

Port Moody has a growing population of seniors. Studies show that older adults want choices about where and how they live. Ageing in place creates an ongoing sense of attachment and connection, and feelings of security and familiarity. It helps seniors maintain existing relationships and, ultimately, their independence. Overall, allowing seniors to age in place is less costly for individuals and government than other living options.

Diverse tenure makes room for everyone

Diversity promotes local vitality and economic health, while strengthening social capital. New tenure arrangements such as below-market rentals, co-ownership with government, and mechanisms such as rent control, allow families to live in healthy and thriving communities, while ensuring employment proximity. These tools allow planners to create more inclusive and equitable communities.

One size does not fit all households

Units with a range of bedrooms allow different household configurations to live in the same place, thereby establishing a more diverse community. Units that are flexible and can change over time allow households to adapt their housing according to their needs. Flexible unit configurations also allow residents to remain in the same home as their needs change.

An example of flexible design can be found at The National University of Singapore. In the "Kent Vale" complex, each floor features adjacent one- and two-bedroom units, which can be merged together or separated back into two, depending on the family needs.

High-impact actions

6.1 Diverse unit types

Include units with different numbers of bedrooms to welcome a diverse range of family configurations into the development.

6.2 Diverse tenure options

Include different types of tenure throughout the development. Consider below-market rentals, rent-to-own, life lease, co-living, and ownership.

6.3 Flexible amenity rooms

Provide general amenity spaces that are flexible and can fulfill the diverse needs and interests of residents (i.e. cooking, indoor and outdoor access).

6.4 Amenities for the community

Include amenity spaces at grade level that can be used by residents but also by members of the community who may not live in that particular building.

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Supplementary actions

6.5 Lock-off units
Provide lock-off units (interconnected but self-sufficient apartments) that allow a caregiver, a senior parent, or a college student to live close to their family.

6.6 Flexible design guidelines
Create flexible guidelines for amenity spaces that encourage innovative thinking to achieve social connectedness outcomes.

6.7 Features that invite interaction
Create opportunities for residents to feel welcome in the building — for instance, use rolling garage doors or dutch doors to invite interaction between private/semi-private and public spaces.

6.8 Flexible units
Create some flexible units where the owner can transform a living space into a studio or bedroom and vice versa when their family structure changes.

6.9 Community hub
Create a community hub in the development that helps create a sense of stewardship, promotes community participation, and allows residents to get organized for emergency preparedness.

6.10 Semi-private outdoor spaces
Create a unit mix that allows for larger balconies to be placed at the corners of buildings, providing semi-private outdoor space for a few families to share.

Timeline for carrying out these actions:

| 6.1 | 6.2 | 6.5 | 6.3 | 6.4 | 6.7 | 6.8 | 6.9 |

Planning stage   **Detailed design**   **Post-occupancy**

6.6

6.10

45
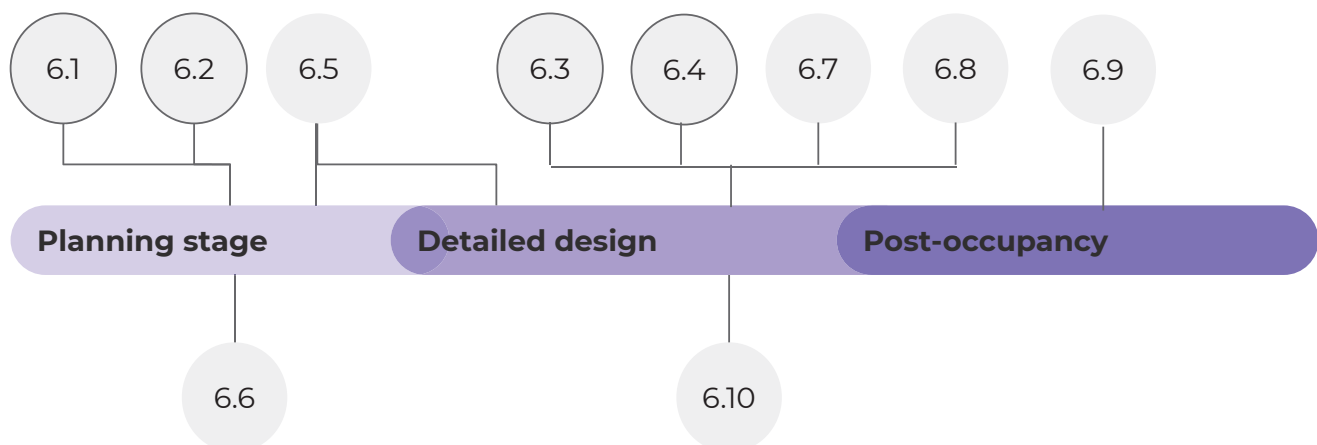
Strategy 7

Walkability first

Make walking the easiest, most convenient way to get around.

Principle addressed:

An active lifestyle ♥⁺

Other principles the strategy supports:

Why is it important?

Walkable neighbourhoods support both the physical and mental health of residents by creating more opportunities for people to socialize and exercise.

A foundation of physical wellbeing
Overall, people who walk or cycle to their destinations demonstrate better physical health and a lower risk of being overweight or obese. Each additional kilometre walked per day reduces your probability of becoming obese by 4.7%, whereas each hour spent driving increases obesity risk by 6%.

Addressing challenges identified by City staff, Council & wellbeing audit:

This strategy will:

Help **maintain the character and identity** of Port Moody as a healthy and social community. By prioritizing walkability, Moody Centre will enable more **joyful** and **pedestrian-first** urban environments. Co-locating businesses, services and jobs creates a **proper centre for the community.** By adding **diverse housing options** in the community, the development enables people to live, work and play in one place.

Walkability is a foundation for economic, social and equity goals as it allows more people to live in an area **without adding traffic** to already congested streets and without increasing carbon emissions.

This strategy addresses challenges 1, 2, 3, 5 and 7 identified in the wellbeing audit, and builds on strengths 2, 3, 6 and 8-12.

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Why is it important? (continued)

A path to greater mental wellbeing

People in walkable neighbourhoods spend 50-70 minutes more time walking per week than their counterparts in car-dependant neighbourhoods. People who walk to their destinations report engaging in positive conversations with strangers more often than people who use other modes of transport. Meanwhile, residents in car-dependent neighbourhoods report feeling more disconnected and isolated.

Walkability can promote social equity

Access to public transit and active transportation fosters equity by providing mobility options to people who are unable to drive. Non-driving seniors in the U.S. who don't have access to public transportation make 65% fewer visits to see family and friends or attend religious community events. Meanwhile, studies have found that children who grow up in walkable neighbourhoods are more likely to climb the socioeconomic ladder.

Active street edges get people walking and rolling

Streets with restaurants, coffee shops, chairs and benches attract pedestrians, foster social interactions, and create vibrancy. Buildings with large floor-plate occupants on the ground floor (like banks or big drug stores) and buildings with opaque windows or long stone walls foster antisocial streets. However, well-designed building edges can mitigate the social-dampening effect of large commercial chains. This can be achieved by varying material, using greenery to create a change in rhythm, and building social nooks with seating opportunities. The more active the street edges and building facades, the more likely people are to walk.

Walkability nurtures belonging

Residents in walkable communities report a greater sense of belonging compared to their counterparts in car-oriented communities. During natural disasters, walkable communities are able to recover faster since residents are more likely to form social connections through casual interactions. The same happens in communities where people commonly cycle. For instance, during Mexico City's 2017 earthquake, neighbourhoods where residents cycled regularly saw faster organized responses than car-oriented neighbourhoods. The debris blocking the streets were easily navigated by people on bicycles to bring food and medicine to those in need.

High-impact actions

7.1 Maximize crosswalks

Maximize the number of crosswalks along the Southern edge of the development to encourage safe pedestrian activity. Focus on intersections that connect to frequented destinations like schools.

7.2 Happy pedestrian experience

Provide elements to create an attractive pedestrian experience such as playful lighting, weather protections, views, seating and points of interest.
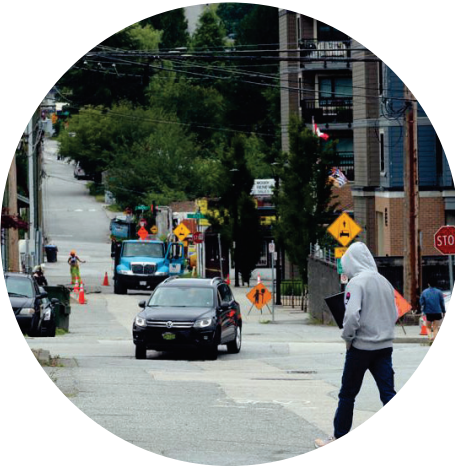
7.3 Discourage through-traffic on Spring Street

Use an appropriate combination of traffic-calming and redirection techniques — such as dead-ends, chicanes and others — to discourage through traffic and prioritize Spring Street as a people-first street. Ensure pedestrians, cyclists and wheelchairs have unobstructed access.

7.4 Create a main street experience on Spring Street

Create a central hub of commercial activities and services emanating from the skytrain station and flowing into Spring and William Streets to establish Moody Centre as the cultural heart of Port Moody. See Appendix 3 for further detail.

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Supplementary actions

7.5 Decrease pedestrian wait times
Decrease pedestrian wait times at busy intersections, especially on St. Johns Street. Consider a Tokyo-style four-way crosswalk.

7.6 Clarke Street connection
Extend a clear, universally accessible pedestrian pathway from Clarke Street to the Port Moody SkyTrain station and proposed transit square.

7.7 Clear wayfinding for everyone
Create a clear wayfinding strategy throughout the site to ensure that pedestrians and cyclists feel safe and comfortable. Ensure that different strategies are used to support people with mobility difficulties, people with hearing loss, and people who are visually impaired.

7.8 Shared mobility
Integrate bike-sharing, car-sharing and micro-mobility offerings and facilities throughout the site and especially near transit stations.

7.9 Williams Street: bus-only
Allowing only buses on Williams Street will provide more space for pedestrians. This will ensure people perceive this area as safe and comfortable, enabling the success of the high visibility area described in Appendix 3.

7.10 Integrate seating along pedestrian paths
Seniors, parents with children, and people with mobility impairments require frequent access to seating. Ensure there is a place to sit every 50 metres along the main pedestrian thoroughfares in the development.

Timeline for carrying out these actions:

| 7.1 | 7.8 | 7.9 | 7.4 | 7.7 | 7.2 |

Planning stage | **Detailed design** | **Post-occupancy**

| 7.6 | 7.3 | 7.10 | 7.5 |
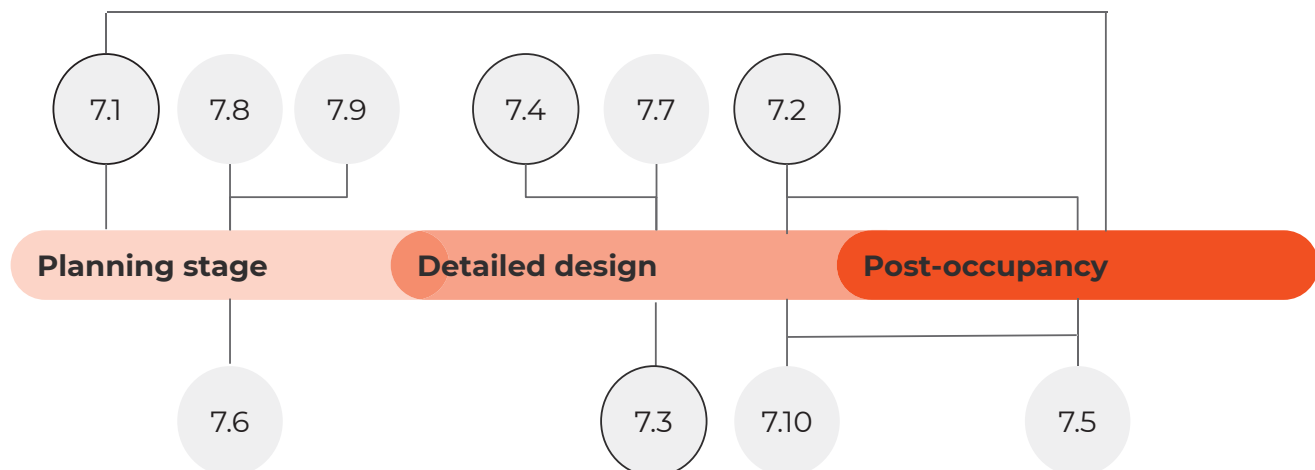
Strategy 8

Nature everywhere
Include opportunities for residents to experience nature at various scales from residential towers.

Principle addressed:

A place to enjoy nature

Other principles the strategy supports:

Why is it important?

Nature provides a sense of calm and safety for residents. Natural spaces boost our physical and mental health, and can help enable social connections.

Access to nature nurtures psychological wellbeing
People who experience nature on a daily basis report being happier, more curious and more fascinated by life. They also report feeling more energetic. Those who work in nature, and even those who can see nature through their windows, report more positive attitudes and less stress than those who do not. A recent study found that people who spend two hours per week in green spaces were substantially more likely to report good health and psychological wellbeing.

Addressing challenges identified by City staff, Council & wellbeing audit:

This strategy will:

Show how the City can provide **green spaces** and nature experiences in Moody Centre to **reduce the burden on surrounding parks, especially Rocky Point Park.** It provides suggestions to **daylight creeks** on the site and create a more **joyful experience** as people navigate this new community.

This strategy also offers ways to integrate green spaces in high-rise buildings and create **usable rooftop spaces** that make the most of the natural views around the site. This will all help maintain and enhance **the character of Port Moody** as a nature-oriented community.

This strategy addresses challenges 3, 5, 8 and 9 identified in the wellbeing audit, and builds on strengths 7, 11, 14 and 15.

Why is it important? (continued)

Nature grows social connections

Places featuring more vegetation are more attractive to socializing. People tend to gather more in green areas, and their social ties grow stronger when compared to people who live or congregate in bare areas. Even a small change, such as adding plants to a room, can make people more generous and caring towards others. Connection to nature also influences people to adopt pro-environmental behaviours.

We need natural spaces at all levels

People who live in high-rises develop fewer friendships and also spend more time worrying about crime when compared to residents of low-rises. Rooftops and terraces placed in the upper levels are opportunities to mitigate these negative impacts. Spaces that are natural, partly enclosed and calm can support a sense of safety and reduce the potential for feeling overwhelmed — for example, by traffic, light pollution or the buzz of streets and public spaces. These spaces are also great for teenagers and child-caregiver interactions (parents, grandparents, siblings, neighbours), such as breastfeeding and storytelling.

Shared gardens foster sociability, resilience and community

Strong social connections emerge when people work or play together on tasks or altruistic causes. Gardens foster connections between people of different ages and abilities. A study revealed that community gardening boosted the social networks and empowerment of New Yorkers after they survived Hurricane Sandy.

'Wild-like' spaces can be prosocial if designed carefully

Green spaces that resemble wild or natural landscapes have the most positive impact on users. However, if a space is perceived by residents as unsafe or poorly maintained, it is not associated with enhanced social wellbeing. Providing prosocial natural spaces involves a fine balance between nurturing feelings of safety and providing contact with more complex natural ecosystems.

High-impact actions

8.1 Community gardens

Include opportunities to have community gardens, green houses, barbecue areas and seating opportunities in podium rooftops that can be shared by residents.

8.2 Nature immersive spaces

Ensure some public spaces provide opportunities for people to be immersed in nature, providing alternatives to Rocky Point Park.

8.3 Integrate water systems

Design water treatment or stormwater management installations that children can interact with, and that positively benefit aquifers and waterways.

8.4 Include indigenous flora

Include indigenous flora and opportunities for people to learn about the land's past so residents can can respectfully honour the layers of history.

Supplementary actions

8.5 Water features & management
Integrate public space design with the groundwater management plan to create natural water features and highlight water conservation.

8.6 Views to nature
Maximize opportunities for views of the mountains and surrounding natural environment across the development.

8.7 Climate adaptation
Create a public space that adapts to seasonal weather — for example, a basketball court that transforms into a pond during the rainy season.

8.8 Fusion with nature
Consider including materials and design elements that embrace nature, such as permeable pavers, green roofs and green walls.

8.9 Welcome pollinators
Include a pollinator corridor and opportunities to host beehives in podiums and rooftops.

8.10 Nature at all levels
Locate social amenities in residential towers next to outdoor terraces to ensure that people can access nature from different levels.

8.11 Learning and participating
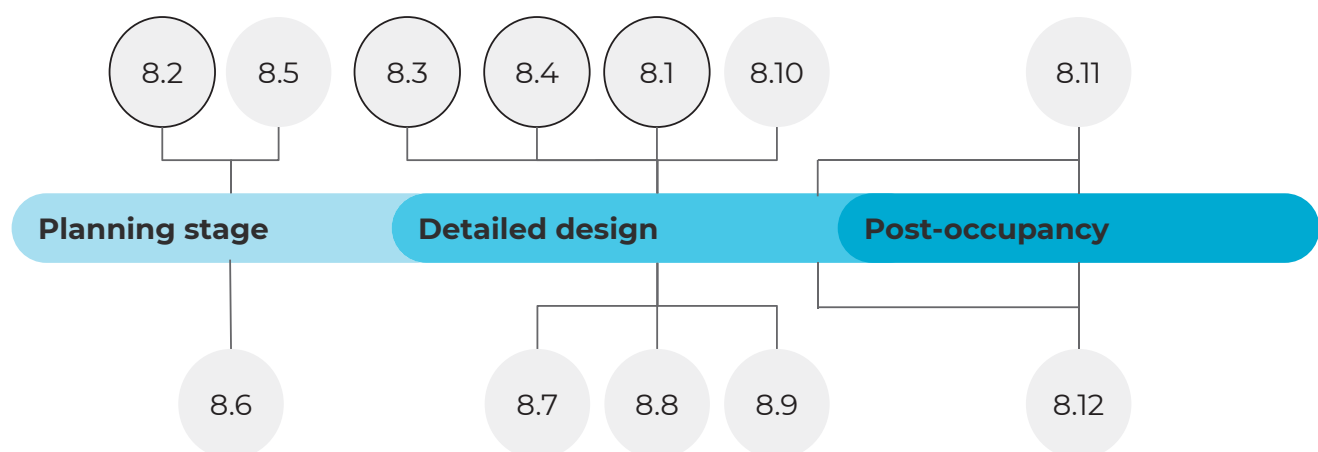Integrate bioswales and water basins across public spaces with opportunities for people to participate in water conservation activities.

8.12 Food production
Create food security programs that teach people how to grow food and where it comes from.

Timeline for carrying out these actions:

Planning stage | Detailed design | Post-occupancy

8.2 | 8.5 | 8.3 | 8.4 | 8.1 | 8.10 | 8.11

8.6 | 8.7 | 8.8 | 8.9 | 8.12

Project process in detail

Background review

The Happy City team reviewed Moody Centre project background documents to become familiar with the site and history of the project. This review included project drawings, latest submitted applications, OCP, parking policy, transportation plans, public engagement results, climate reports, economic profile, and the Metro Vancouver 2040 regional strategy. This review allowed us to gain a deeper understanding of the project's process, goals, characteristics and challenges.

The background review included meetings with the Planning Group to better understand the challenges and opportunities of the site. We also explored priorities and considerations highlighted by City staff and Council members.

Wellbeing assessment

The Happy City team carried out a preliminary wellbeing assessment to identify the strengths and opportunities of the project. This evaluation clarified how the proposed design will impact future residents of the site and the surrounding community. We measured four overarching design realms and tracked over 80 evidence-based design criteria to identify the project's wellbeing impact. The design realms are: Prime Location, The Right Ingredients, Connected Communities, and Places for People.

This assessment, along with an understanding of the challenges identified by Council and City staff, allowed us to draft wellbeing principles for the Moody Centre Master Plan. From the principles, we identified preliminary strategies that began to envision how the principles could be translated into pragmatic actions.

Prime location

The right ingredients

Connected communities

Places for people

Wellbeing principles

Parallel to reviewing project documents, we carried out content analysis that allowed us to identify the wellbeing values that have been used to describe the vision, goals and specific actions of Moody Centre Master Plan. After completing this analysis we ended up with more than 50 concepts connected to wellbeing.
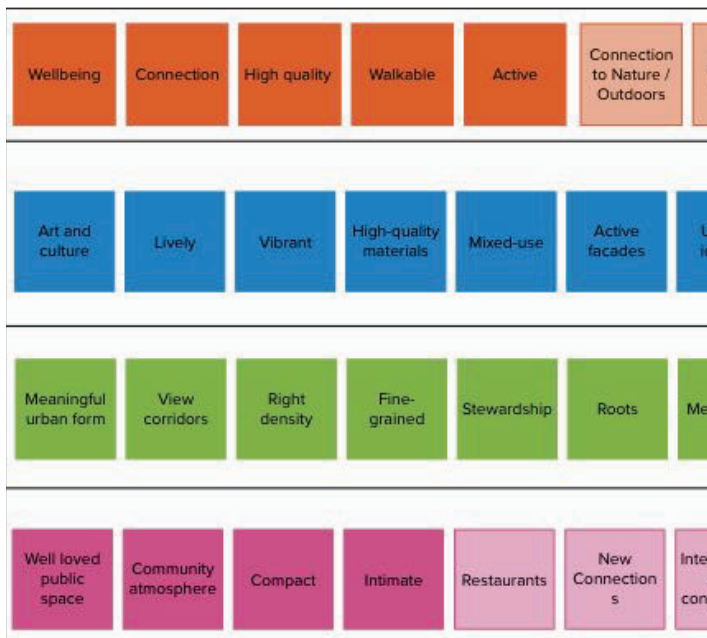
Examples of wellbeing concepts we ended up with.

The next step was to distill our analysis and identify priorities. To that end, we conducted a collaborative session with members of the Planning Group to dive deeper into the values that guide the project. We drove this process using dynamic activities that leveraged Happy City's evidence base and wellbeing framework.

The resulting wellbeing principles are intended to guide decision making now and in the future:

- **A unique identity**

- **A social place**

- **A sense of belonging**

- **An active lifestyle**

- **A place for all**

- **A resilient community**

- **A place to enjoy nature**

We used these principles to inspire the creation of strategies and actions for design and programming of the Moody Centre site.

Strategies

The next work stage involved translating the wellbeing principles and analysis into broad strategies that will guide interventions throughout the different stages of the project.

The process of creating wellbeing strategies required multiple iterations and collaboration with the Planning Group to ensure two goals: feasibility and high-impact value. The Happy City team developed a set of 38 draft strategies and, along with the Planning Group, narrowed these down to eight core strategies.

Co-creative sessions

Once the priority strategies were identified, Happy City hosted two co-creative sessions: the first with eight members of the Planning Group and the second with six residents representing the Port Moody community.
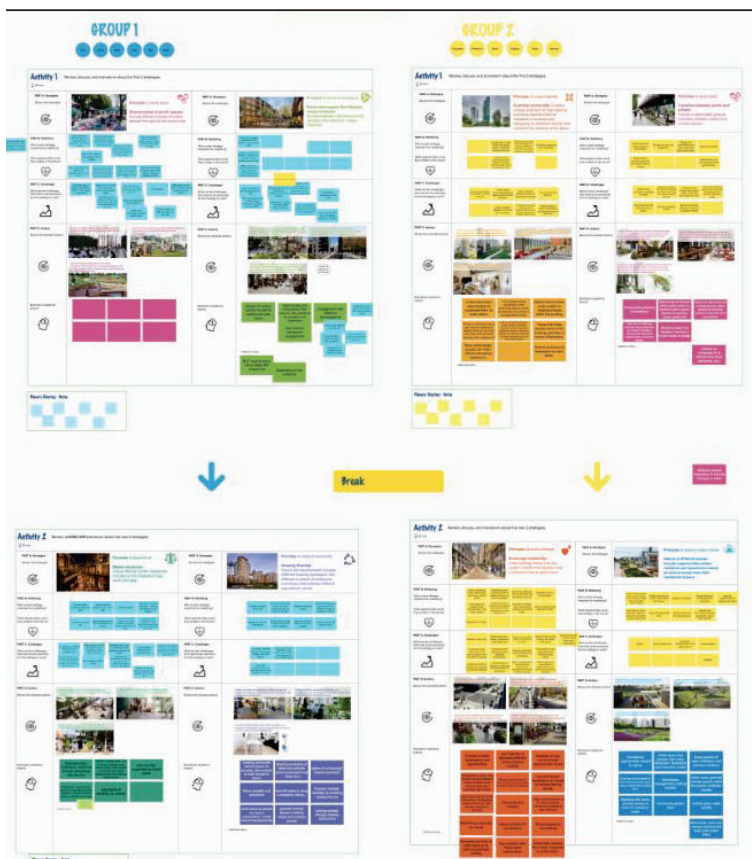
Co-creative session 1: We conducted an online session on June 25, 2021 using Zoom and the interactive platform, Mural. We explored priority strategies and brainstormed actions for each proposed strategy. We discussed action feasibility, challenges and considerations.

Mural screenshot showing the outcome of the first co-creative session.

Co-creative session 2: During the second session, we engaged six members of the Port Moody community to provide further input. We invited community members that have been part of the engagement process led by Pottinger Bird Community Relations. We welcomed participants representing the 24-44, 45-64 and 65+ age groups, as well as caregivers, people living in Moody Centre and in the inlet, and representing diverse living arrangements. This session's goal was to explore Port Moody's unique identity and come up with specific actions to implement some of the priority strategies.

We used the results from both co-creative sessions to inform the content of the 'Strategies & actions' section of this document. The Happy City team drew together dozens of actions under eight strategies.

Project report

The Happy City team continued analysis, and drew together dozens of actions under eight strategies in this report. It is important to remember that the action lists outlined in this document should be subject to change as the various stakeholders involved go through the different stages of the Moody Centre project. However, we believe that the wellbeing principles and strategies presented here are robust enough to guide decision-making throughout the development process. By holding these principles and strategies close, we are confident that the Project Team can create a happy and healthy community in Moody Centre.

Revised Moody Centre Master Plan

The following image shows the Moody Centre Master Plan developed by the Planning Group that the Happy City team used to carry out the master plan Wellbeing Audit. This masterplan can be found in the Moody Centre Transit Oriented Development (TOD) Area Master Plan Website.

| 1 | City Site | 0.47 acre |

| 2 | 84 Moody st. | 0.2 acre |
- Park purchased via parkland acquisition funds

| 3+5 | Woodbridge | 1.20 + 1.03 acre |
- Up to 26 storey towers (2)
- 1 res. market rental
- 1 res. market strata w/ 10% affordable housing
- Pocket park / mews

| 4 | Wai Man Woo | 0.2 acre |
- Park purchased via parkland acquisition funds

Sites Under Active OCP Application Non-App

| 9 | Anthem | 1 acre |
- Up to 26 storey tower
- Res. market rental
- Pocket park / mews on west side

| 10 | BCTFA | 0.62 acre |
- Density transfer to BCTFA tower site
- Transit plaza
- Pedestrian overpass Connection

| 11 | PCI | 2.25 acre |
- 32 and 36 storey tower
- Res. market rental
- Daylit creek
- Pedestrian overpass

| 12 | 3010-3034 St Johns | 1.13 acre |
- Up to 26 storey tower
- Res. market rental or market strata w/ 10% affordable housing (TBD)
- Daylit creek

* All parcels commit to providing job space to meet jobs-to-population ratio of 0.35 – 0.42x

Image downloaded from website on July 20, 2021: https://moodycentretod.ca/submitted-application

Revised Moody Centre Master Plan

4	Wai Man Woo	0.2 acre
- Park purchased via parkland acquisition funds

6	TransLink	0.47 acre
- Up to 26 storey tower
- Res. market strata
- 10% affordable housing

7	BCTFA	1.2 acre
- 36 storey tower
- Res. market strata
- 10% affordable housing

8	3-Lot Parcel	0.6 acre
- Park purchased via parkland acquisition funds

Application   ● **Non-Application Sites (Passive Involvement)**

12	3010-3034 St Johns	1.13 acre
- Up to 26 storey tower
- Res. market rental or market strata w/ 10% affordable housing (TBD)
- Daylit creek

13	Beedie	3.65 acre
- 3x26 storey towers
- Res. market strata
- 10% affordable housing
- Pedestrian mews
- Pocket park at 2806 Spring st

14	Colliers	1.13 acre
- Up to 26 storey tower
- Res. market rental or market strata w/ 10% affordable housing
- Park space on east side

15	Kai Youn Hui	0.36 acre
- Park purchased via park-land acquisition funds

Image downloaded from website on July 20, 2021:
https://moodycentretod.ca/submitted-application

Details for Strategy 7, action 7.4: Create a main street experience on Spring Street

Main streets are the heart of a community's economic and social life. A central hub of commercial activities and services emanating from the SkyTrain station and flowing into Spring and William Streets can establish Moody Centre as the cultural heart of Port Moody.

Research shows that commercial activity clusters around transit stations, and flows in the directions that people can see as they exit transit stations. This means that the immediate edges and corridors leading out from the SkyTrain stations are the most visible and commercially viable edges in the site. Below, we show how visibility and commercial activity in Moody Centre should be clustered to maximize commercial success, social connectedness, and the main street experience.
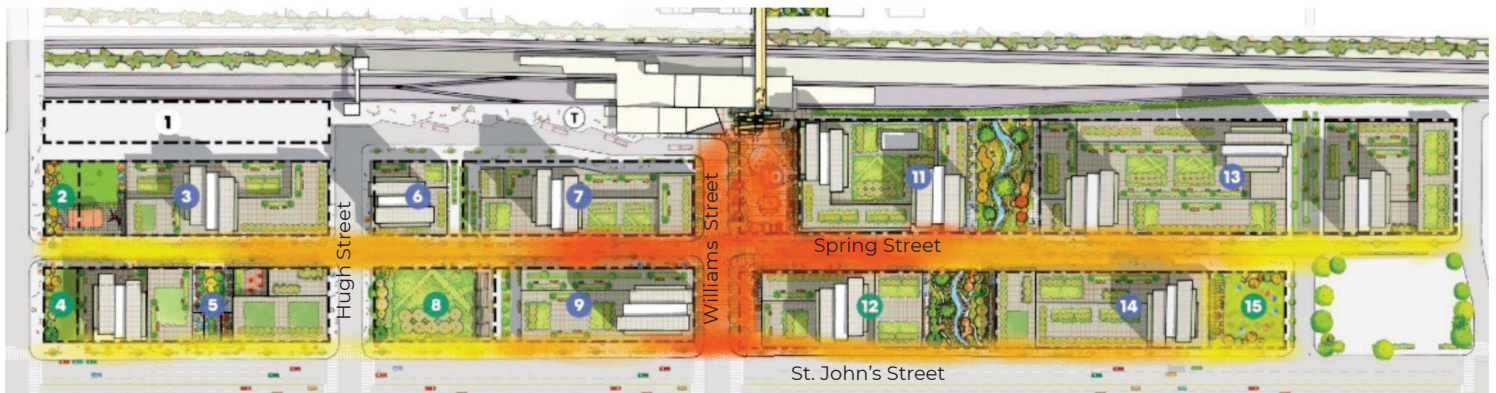
High visibility commercial: Moody Centre should concentrate restaurants, patios and other commercial activities that support vibrancy and social life, or businesses that rely on high visibility in this area.

Medium visibility: Moody Centre can offer the same amenities as in high visibility areas. However, these areas may experience less foot traffic than the high visibility areas.

Lower visibility: These areas will have the least foot traffic and activity in Moody Centre; however, the visibility is only relatively less than in the high visibility area. Commercial offerings here will still succeed due to proximity to the station and residential density. It is ideal here to focus commercial activity that is more local and service-oriented, such as grocery stores, local coffee shops, dry cleaners, etc.

References

Strategy 1: Diverse public spaces

Cover image: Jim Deva Plaza, *Happy City*
Image (Page 20): Paley Park, New York City, NY, USA, *Pinterest*
Images (Page 21 - 1.1 to 1.4): Rocky Point Park, Port Moody, BC, *Travel British Columbia*; Santa Monica, CA, USA, *Smart Cities Dive*; Superblock of Sant Antoni, Barcelona, ESP, *Leku Studio*, *Photographer: Del Rio Bani*; Lilydale Lake Park, Melbourne, AUS, *ABC.*

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Strategy 2: Transitional spaces

Cover image: Pearl District of Portland, *Baker Architects*
Image (Page 25): Brooklyn, NYC, NY, *AMNY Newsletters, Photographer: Francesca Magnani*
Images (Page 26 - 2.1 to 2.4) 1261 Alberni St, Vancouver, BC, *Marie O'Connor Real Estate*; Vancouver, BC, *Unknown*; Townhome, Vancouver, BC, *Vancouver Townhouse.ca*; Lorna Jane Active Living, San Diego, CA, USA, *Unknown*

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References

Strategy 3: Local character

Cover image: The Bridge Street District Plan, *Crawford Hoying.*
Image (Page 29): On-Street Mural at Bute and Robson Plaza, Vancouver, BC, *Artist: Atheana Picha, Happy City*
Image (Page 30 - 3.1 to 3.4): West Eau Claire Park, Calgary, AB, *O2 Planning + Design, Image Source: CANA Construction*; Canoe Restoration, Students from Suwa'lkh Secondary School, *Tri Cities News, Image Source: City of Port Moody*; Warming Warning, Petersham, MA, USA, *Artists: David Buckley Borden and Aaron M. Ellison, Image Source: Harvard Forest*; Oregon Conservation Centre, Portland, OR, *Lever Architecture*

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Strategy 4: Unique vertical community

Cover image: Three Harbour Green, Vancouver, BC, *IBI Architects*
Image (Page 33): LEVS Architecture
Image (Page 34 - 4.1 to 4.4): Hey Neighbour! Pilot Program, *Happy City, City of Vancouver*;
Co-housing, *Schemata Workshop*; Capitol Hill Urban Co-housing, Seattle, WA, USA, *Co-Everything,
Image Source: Erika Schultz, the Seattle Times*; Lakeside Seniors Apartments, Oakland, CA, USA,
David Baker Architects, SAHA

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References

Strategy 5: Mixed-use places

Cover image: Echelon Seaport, Boston, MA, USA, *KPF Architects*
Image (Page 37): Mixed Use Development, *Stantec*
Image (Page 38 - 5.1 to 5.4): Gateway North, Calgary, AB, *S2 Architecture*; Benny's Market, Vancouver, BC, *Image Source: CTV News Vancouver*; Portland Mercado, Portland, OR, *PPS, Nate Storring*; University of Texas at Dallas Sciences Building, Dallas, TX, USA, *Stantec + HOK*

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Strategy 6: Housing diversity

Cover image: Marine Drive Residence, University of British Columbia, *DIALOG*
Image (Page 41): Baugruppe Spreefeld, Berlin, GER, *TheConversation.com, Andrea Kroth*
Image (Page 42 - 6.1 to 6.4): Manhattan Apartment, *Image Source: Matthew Williams*; Co:Here Housing Community, Vancouver, BC, *Co:Here Housing Community*; Oosterwold Co-Living Complex, Oosterwold, NL, *bureau SLA, Photographer: Filip Dujardin*; R50 Baugruppen, Berlin, GER, *Nion Berlin*.

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Strategy 7: Walkability first

Cover image: Woonerf Concept, Hoffman Madison's the Wharf, Washington, DC, USA, *Unknown*
Image (Page 45): Vancouver, BC, *Happy City*
Image (Page 46 - 7.1 to 7.4): Family using sidewalk, *Image Source: Active for Life*; Agnes Greenway Creative Engagement, *Happy City*; Spring Street, Port Moody, BC, *The Tri City News, ario Bartel*; Protected Bike Lane on Adelaide St, Toronto, ON, *Streetsblog Chicago, John Greenfield*

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Strategy 8: Nature everywhere

Cover image: Via Verde, NYC, NY, USA, *Grimshaw + Dattner Architects*
Image (Page 49): Lakeside Seniors Apartments, Oakland, CA, USA, *David Baker Architects, SAHA*
Image (Page 50 - 8.1 to 8.4): Richardson Apartments, San Francisco, CA, USA, *David Baker + Partners, Photographer: Bruce Damonte*; Lurie Garden, Chicago, IL, USA, *Gustafson Guthrie Nichol, Image Source: The Cultural Landscape Foundation*; Pierce's Park, Baltimore, MD, USA, *Mahan Rykiel Associates, Image Source: InHabitat*; Vancouver, BC, *Happy City*

Evidence:

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