|  |  |  |
| --- | --- | --- |
| **Points of contrast** | **Site A** | **Site B** |
| **Venue** | pre-existing seniors’ centre and adjacent wave pool | stand-alone facility in a park |
| **Programs offered** | Chair exercise 1x/week Aquacize 1x/week | Chair exercises 2x/week Yoga 1x/week |
| **Individual senior interviewees** | 1 male | 1 male; 13 female |
| **Focus group participants – South Asian** | 4 male; 7 female | 7 female |
| **Focus group participants – Non South Asian** | 6 female | 1 female (interviewed with site A group in English) |
| **Average # participants in chair exercise/session** | 25 (6 South Asian, men and women - couples) | 40 (38 South Asian, majority women) |
| **Clothing** | Mix of Western and traditional | Traditional and religiously conservative (women wore turbans and visible *kirpans*) |
| **Immigration pattern** | Most immigrated earlier in life | Most sponsored by children late in life |
| **Origins in India** | Majority urban | Majority rural |
| **Socioeconomic status** | Most highly-educated, professional | Most women had minimal education |
| **Language** | Spoke some to fluent English | Most women spoke no English |
| **Transportation** | South Asians: all drove own cars Non-South Asians: most took public transport or drove occasionally | South Asians: most walked or relied on family, were unfamiliar with public transport; approx 5% drove |

Appendix A: A comparative overview of features of venues and participants: Site A vs. Site B