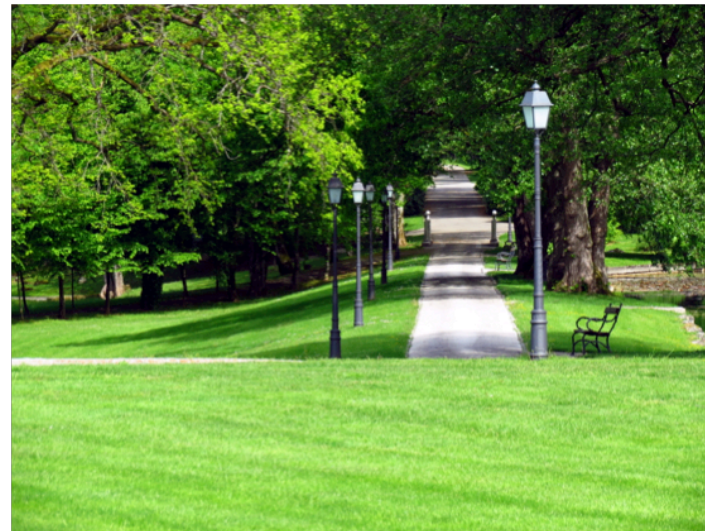


Parks Programming & Opportunities for Healthy Aging

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Recreation & Open Spaces*



Active Older Adults Programs

Objective: To provide worthwhile and enjoyable activities for Active Older Adults over the age of 55, and to provide the programs at no charge to the participants.



Active Older Adults Programs

- While there are over 250 parks in the Miami-Dade County Park System there are only 10 locations that house Active Older Adults Recreation Hubs.
- Recreation Hub locations range from South Dade Park at SW 281 Street to Country Village Park at NW 188 Terrace.
- 4 locations have personnel assigned to work specifically with the Active Older Adults, Gwen Cherry Park, Goulds Park, Continental Park and Westwind Lakes Park.



Flagship: Arcola Lakes Senior Center

- The flagship of the Active Over Adults universe is Arcola Lakes Senior Center, soon to be celebrating its 2nd Anniversary.
- Arcola Lakes encompasses 14,200 square feet and includes a heated pool, fitness room, ceramics room, sewing room, social meeting room and a Banquet Hall and kitchen capable of seating 250 people.
- Over 600 people have registered to participate in numerous programs.
- Open 8AM – 6PM Mon.-Fri. and 8AM – Noon on Saturdays.



Daily Programming

- Daily programming at all of the recreation hubs includes:
 - The **Walk 4 Life** incentive based walking program
 - The nationally recognized, evidence based **EnhanceFitness** program
 - Water Exercise, Yoga, Masters Tennis, board games, video lecture series, line dancing, billiards, table tennis, field trips and at limited parks.....lunch.



Partnering with the Community: Expanding Resources

- Working with community partners such as Walgreens, Baptist Health Services, The Alliance for Aging, The University of Miami Center on Aging and Chen Neighborhood Medical Centers the Parks Department is able to provide:
 - Healthy Choices Clinics by Walgreens at each of the Recreation Hubs
 - Memory screenings, Tai Chi, Zumba Gold, Yoga, Living Healthy Self-Management Workshops dealing with Diabetes, Chronic Disease and Balance Issues
 - And other classes where the Parks Department doesn't have the resources to present the programs using our own personnel.
- With limited resources, the Parks Department is able to serve over 300 people per day at the Recreation Hubs and while at present all programs are not available at all parks,utilizing new partners, plans are in the works to provide all of the aforementioned programs at all 10 Recreation Hubs.
- Local health organizations will be encouraged to send their members to the parks to participate in the programs.



Parks are not just for kids!

Miami-Dade Parks aren't just for kids! They offer activities for all age groups and it is a proven, statistical fact that physically and socially active, involved, and mentally stimulated Active Older Adults are happier, healthier and live longer.



Barriers

Obstacles Limiting Greatest Potential for Active Older Adults Programs

- Marketing
- Transportation
- Personnel



Thank you!

