



A Community #ForAllAges

August 2019

## A Body in Motion

Physical activity increases flexibility, improves muscle strength and endurance, and helps us maintain a healthy weight, but did you know that a body in motion also reduces stress and improves our self-esteem?

There are so many benefits to being active that AARP is commemorating its 60th anniversary with the construction of [outdoor fitness parks](#) in every state, Washington, D.C., Puerto Rico, and the U.S. Virgin Islands.

With gorgeous weather and plenty of active older adults and social butterflies, AARP opened its first outdoor fitness park this past April in St. Pete!



[Intro to the AARP FitLot \[total time: 5 minutes\]](#)

"These fitness parks are a tangible example of AARP's commitment to local communities and healthy aging. The outdoor exercise equipment encourages people of all ages to get out of the house, meet others, and stay fit." -- Morie Smile, AARP Vice-President, Community Engagement

While FitLot has great features, Sarasota County has a variety of parks that have excellent amenities, too!

- [Caspersen Beach](#)--canoe/kayak launch, trails for walking and biking
- [Fruitville Park](#)--basketball, outdoor fitness equipment, playground, soccer field, softball field, tennis court, trail-paved
- [Laurel Park](#)--basketball, bicycling, community garden, gymnasium, multi-purpose field, outdoor fitness equipment, pickleball, playground, recreation building, tennis court, trail-paved, volleyball
- [Nokomis Community Park](#)--basketball, bicycling, canoe/kayak launch, community garden, dog-friendly (leash required), fishing, multi-purpose field, outdoor fitness equipment, pickleball, playground, recreation building, tennis court, trail-paved, trail-unpaved, volleyball

[Pinchbrook Park](#)--basketball, outdoor fitness equipment, pickleball, tennis court, trail-

- [Pinebrook Park](#)--basketball, outdoor fitness equipment, pickleball, tennis court, trail-unpaved
- [Rothenbach Park](#)--bicycling, outdoor fitness equipment, playground, trail-paved
- [Urfer Family Park](#)--bicycling, dog-friendly (leash required), outdoor fitness equipment, trail-paved, trail-unpaved

Which park is your favorite?

What activities help you keep your body in motion?

Snap a pick and share by tagging [Age-Friendly Sarasota on Facebook](#).

[continue scrolling](#)

## Like they say...the older we get, the smarter we become!

It's no mystery that as we age, we learn from our experiences. Trevor, the younger guy playing basketball in this video, just got schooled by his opponent, and seeing as this post has gone viral on the internet, we can bet Trevor won't be on autopilot next time he plays b-ball with pops!

Need a good laugh? Take 18 seconds to enjoy this brilliant moment... probably captured by his little brother (wink wink).



TWITTER.COM

**Trevor Luznak on Twitter**

"MUST WATCH!! #SCtop10 <https://t.co/fMJeN9vd3T>"

[\[total time: 18 seconds\]](#)

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## The Bay Park: Phase 1

Developing Sarasota's bayfront into a thriving, vibrant, and accessible public destination is a community endeavor. The journey ahead will continue to demand time, effort, and consideration -- both from those directly engaged in the work as well as the citizens and stakeholders guiding it.

The current design for the Bayfront project features a spiraling pier, an enhanced mangrove area, and additional open lawns for outdoor



activities.

[Watch the update](#), then [share your feedback with The Bay](#).

Interested in doing more?

Join The Bay in its series of community outreach meetings. Learn from Bill Waddill and the design team about phase 1 of The Bay Park, and get more information about the implementation plan.



[Watch the update \[total time: 2 minutes\]](#)

For convenience, The Bay is holding two meetings on Wednesday, August 21. The first at The Municipal Auditorium from 1:30pm-3:00pm and the second at West Coast Black Theatre Troupe from 6:00-7:30pm. [Click here for details](#).

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## LOCAL



[Hurricane Preparedness Special Edition](#)

We are in Hurricane Season, June 1- November 30, and the peak of the season will begin the first week of September. As part of Age-Friendly Sarasota's disaster planning and preparedness, we've compiled a list of safety precautions that will help our community if we are faced with a dangerous storm.

[GET PREPARED HERE](#)

## MORE LOCAL



[Age-Friendly Sarasota Facebook Page](#)

Enjoy mini, age-friendly tidbits daily by visiting Age-Friendly Sarasota on [Facebook](#).

Glimpse upcoming events, motivational quotes, participate in current surveys, learn how to reframe aging by changing the language we use, and more!

To share news or information, contact the editor at [ssternberg@thepattersonfoundation.org](mailto:ssternberg@thepattersonfoundation.org).