



Parks and Public Spaces for All Ages

September 14, 2021

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What makes a park successful?

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Parks and Public Spaces for All Ages

Josh Askvig, AARP ND State Director – September 14, 2021

Why AARP and Parks?

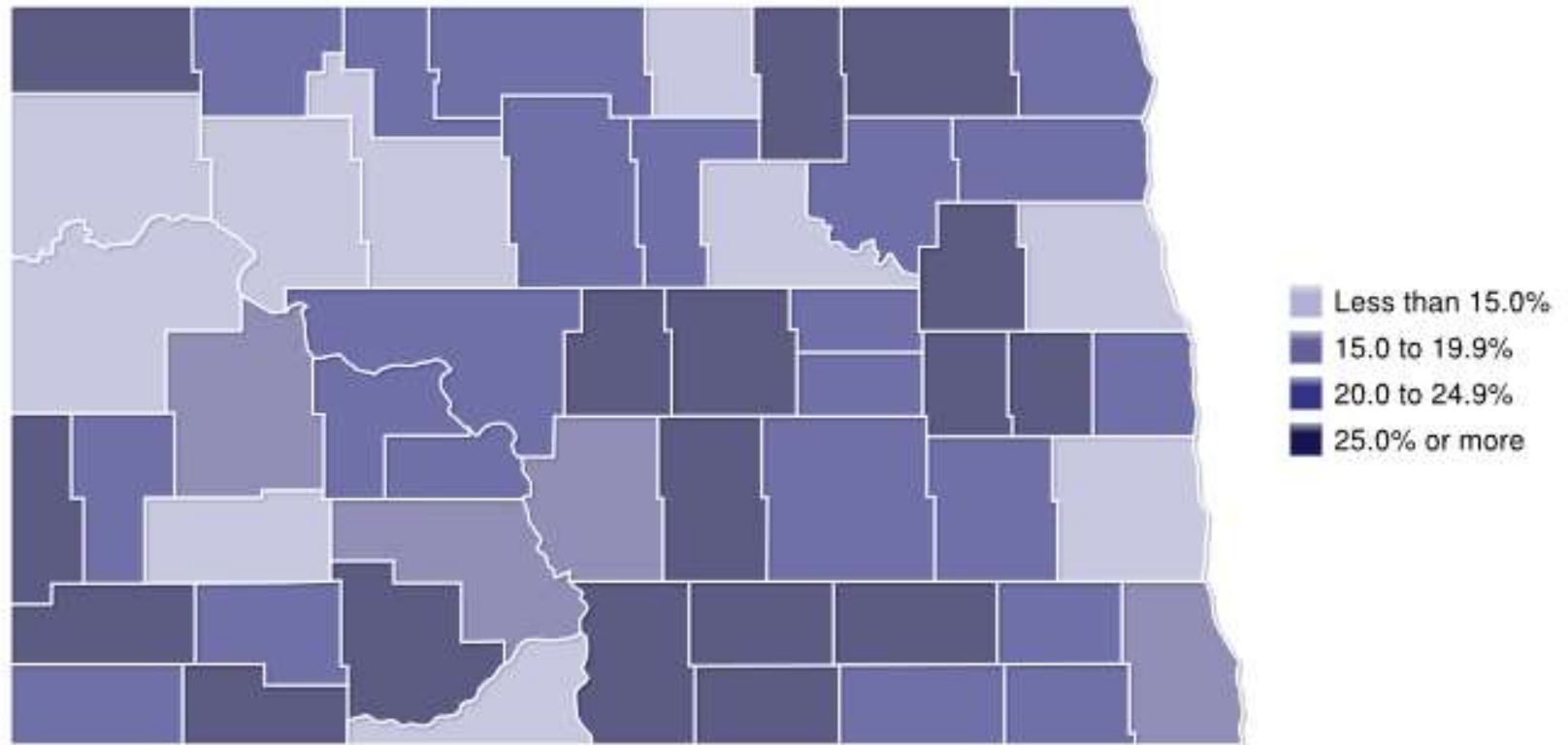
Placemaking for All Ages

Resources to Make it Happen

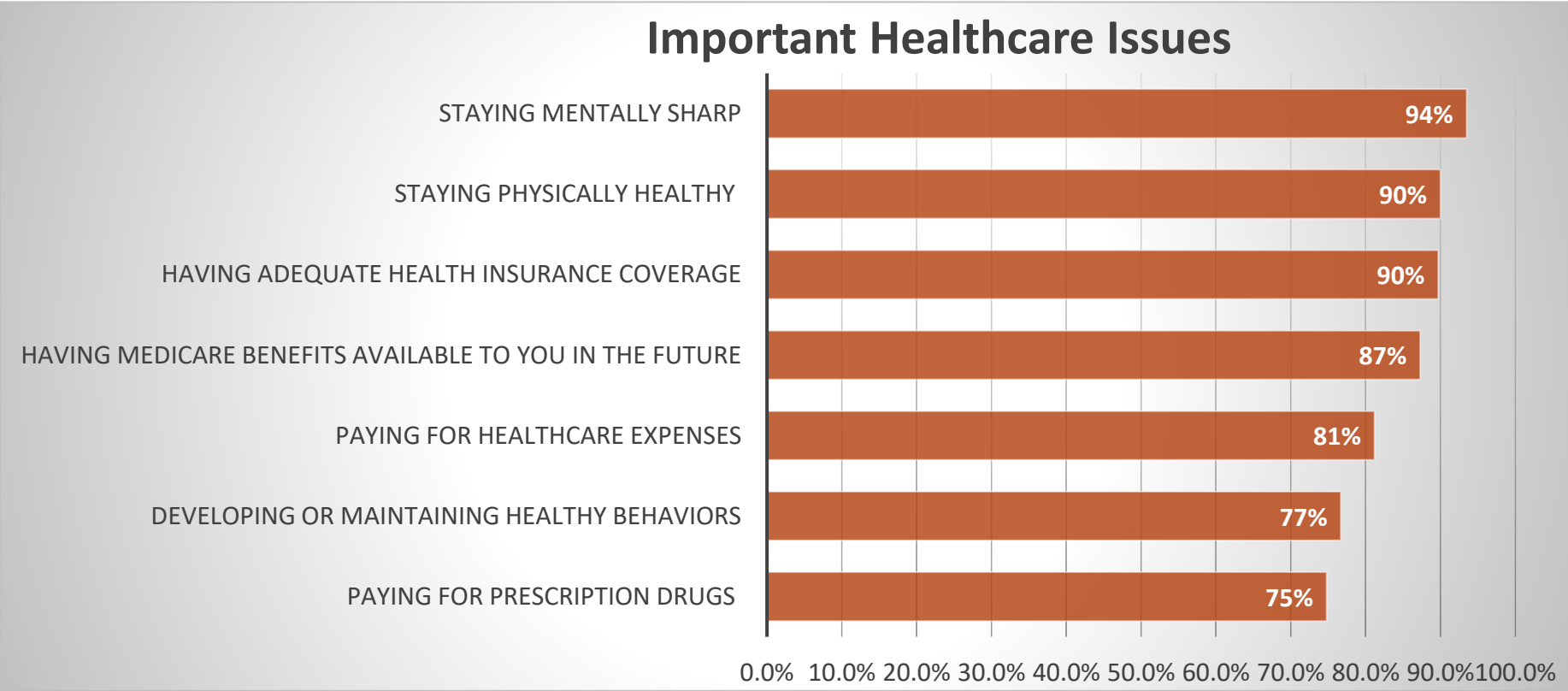


North Dakota's population is aging

Percent of population age 65+
North Dakota counties, 2020

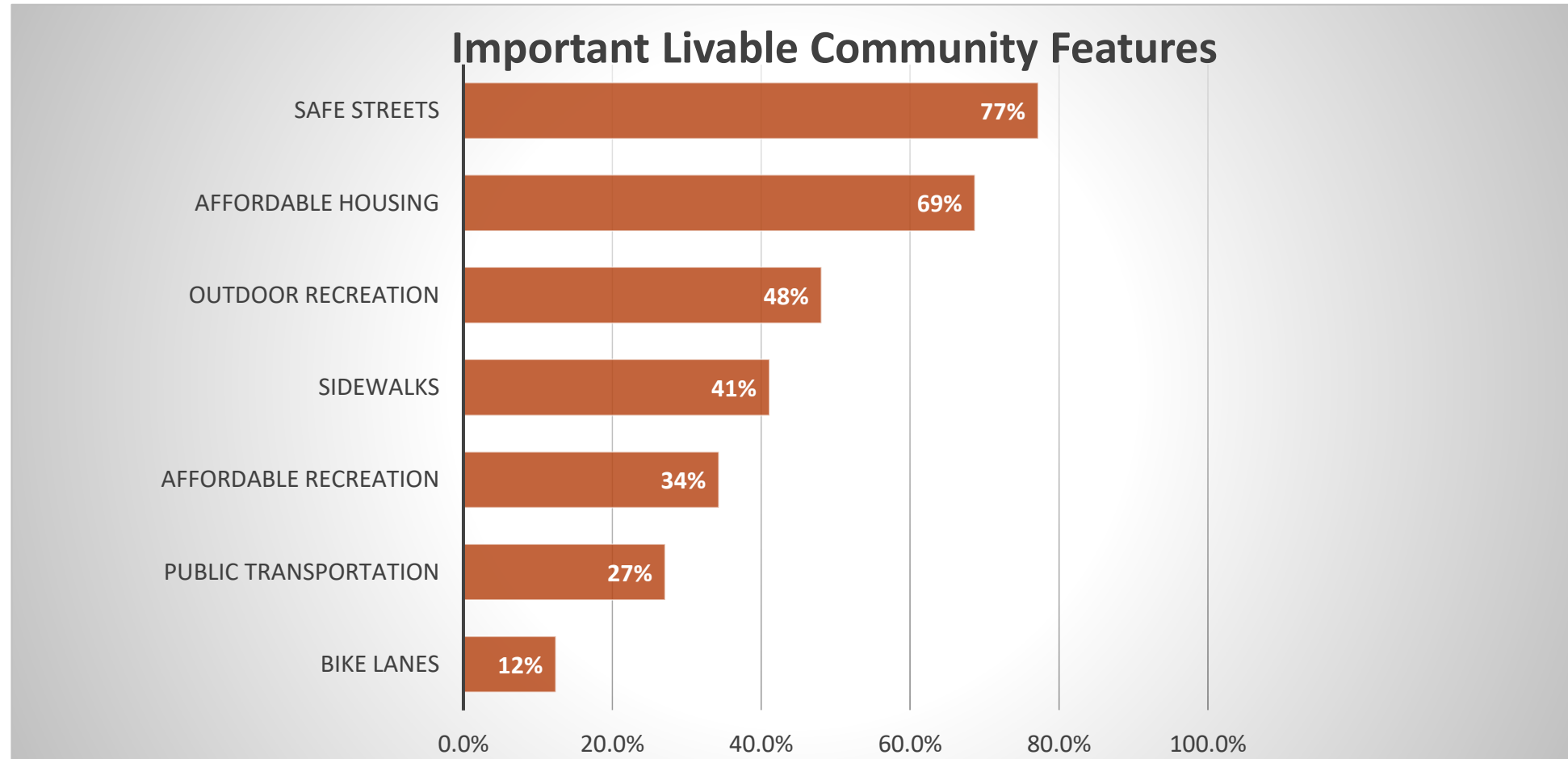


North Dakota residents age 45+ think many healthcare issues are important, with 'staying mentally sharp' topping the list.



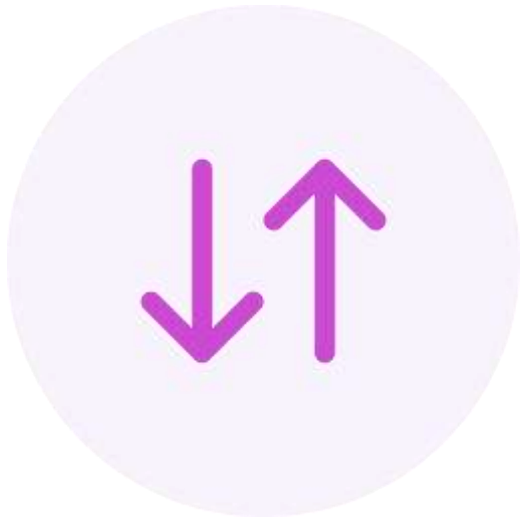
• I1. For the following list of issues, please indicate how important each is to you personally. (Percent 'extremely important' or 'very important') (n=722)

Communities with 'safe streets' and 'affordable housing' are important to many North Dakota residents age 45+.



- **11.** For the following list of issues, please indicate how important each is to you personally. (Percent 'extremely important' or 'very important') (n=722)

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What are the barriers to making a park or space successful?

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The Three “A’s” of Placemaking

Ask

Activate

Amenities



Ask

What does your community want?



Ask

Who can you ask?

Fire Departments

Park Users

Youth Groups

Library

Fitness Clubs

Chambers of Commerce

Churches

Activate

Which one looks more fun?



Cadence Matters!

YOUR PASSPORT TO HEALTHY LIVING

PASSPORT PREVIEW & DANCING FUNDAMENTALS
FUNDAMENTALS
 6:30 - 8:00 p.m.
 Wednesday, April 24
 Sheraton Elka Lodge
 520 South Washington Street
 Join AARP for the "Passport to Healthy Living" 2019 kickoff event and dance for your well-being! Learn the basic two-step, waltz, and do some line dancing. No need to dance with a partner. And you can learn more about other upcoming healthy living activities in Sheraton Elka Lodge.

DOGF TIPS & FOOT DOGLE
 8:30 - 9:00 p.m.
 Wednesday, June 13
 Meriden Municipal Golf Course
 1000 7th Street Southeast
 Meriden
 Whether you're a novice or an expert, bring your dog or use ours and learn a few golf tips and techniques from the pros. Check out the growing sport of dog golf, a family-friendly activity using coverballs. Plus, enjoy a beer on us while you're there!

LET'S TAKE A HIKE
 6:00 - 8:00 p.m.
 Thursday, June 20
 Fort Abraham Lincoln State Park
 6450 Fort Lincoln Road
 Meriden
 Meet up at Fort Abraham Lincoln State Park and learn about the hiking trails. Then, hike with a group or at your own pace and enjoy a summer evening along the Missouri River. If you have a pet, please, see that for entry, or AARP will cover your one-day walking entry fee.

KAYAKING & STAND-UP PADDLEBOARDING
 6:30 - 8:00 p.m.
 Wednesday, July 17
 Herman Lake Recreation Area
 3244 Herman Lake Road
 Meriden
 Learn the basics of kayaking and stand-up paddleboarding. Take a test run on a kayak and/or stand-up paddleboard in a comfortable environment, with guidance from experienced leaders. Meet up at the boat ramp. Bring your own life vest or one will be provided. Waterproof shoes/ sandals are suggested.

PICKLEBALL PRIMER
 8:30 - 9:00 p.m.
 Tuesday, July 30
 Hopton Park
 4800 Danzaga Drive
 Meriden
 Get the scoop on this fast-growing sport that is low-impact and easy for beginners to learn. We'll provide the equipment needed for this demonstration class. Participants should wear athletic shoes.

COOKING FOR HEALTHY LIVING
 Three classes: 8:00 - 8:30 p.m. or 6:00 - 7:00 p.m.
 Thursday, October 24
 Italian Community Food Coop
 711 East Sacket Avenue
 Meriden
 Get cooking tips, recipes and ideas to help you prepare nutritious, healthy meals. Learn and planning and food purchasing techniques to make your meals healthy and economical.

LEARN TO CURL
 8:30 - 9:00 p.m.
 Thursday, November 7
 VFW Sports Center
 1230 North Washington Street
 Meriden
 Come out and try sliding a 40-pound granite rock down a sheet of ice while aiming your way to the target at the other end. Wear loose, stretchy pants and dress in layers. The temp on the ice is about 25-40 degrees. No street shoes are allowed on the ice, bring shoes that have some traction and free of sand, grit, and dirt.

HOLIDAY OPEN HOUSE PARTY
 8:30 - 7:00 p.m.
 Tuesday, December 3
 Sheraton Main Events
 1803 East Main Avenue
 Meriden
 Join your friends and neighbors for some holiday treats and refreshments, and share your thoughts and ideas on healthy living activities for 2020!

Register for any of these events at aarp.org/events/PassporttoHealthyLiving2019 or call 877-828-8800.



Amenities

Do the Little Things!



Try before you buy!

The **Pop-Up** Placemaking Tool Kit

Projects that inspire change — and improve communities for people of all ages



AARP
Real Possibilities

team
better
block



Resources to Make it Happen!



LEARN MORE AND STAY INFORMED

AARP Livable Communities e-Newsletter
Free, Weekly Award-Winning
Information and inspiration for local leaders

Subscribe Now!



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or

Text the word **Livable** to 50757

AARP Livable Communities | [AARP.org/Livable](https://www.aarp.org/Livable)

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What are you going to try when you get back to your park district?

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Questions?



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Audience Q&A Session

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