



**TRUST FOR
PUBLIC
LAND™**

Connecting everyone to the outdoors™

Community Power
Session 5: Social Resilience
July 11, 2024

Social resilience

How can parks and programming strengthen social ties?

Agenda:

- Upcoming Report
- Presentations
 - Jennifer Collins, 55+ Unit Manager, Arlington Parks and Recreation
- General Q&A
- Breakout Groups (20 min)
- Closing & Farewell



Our Journey So Far...



Power mapping

How can parks play a role in nurturing a healthy democracy?

Participatory planning

How can parks transform community vision into reality?

Community expertise

How to authentically compensate community members for their knowledge & work?

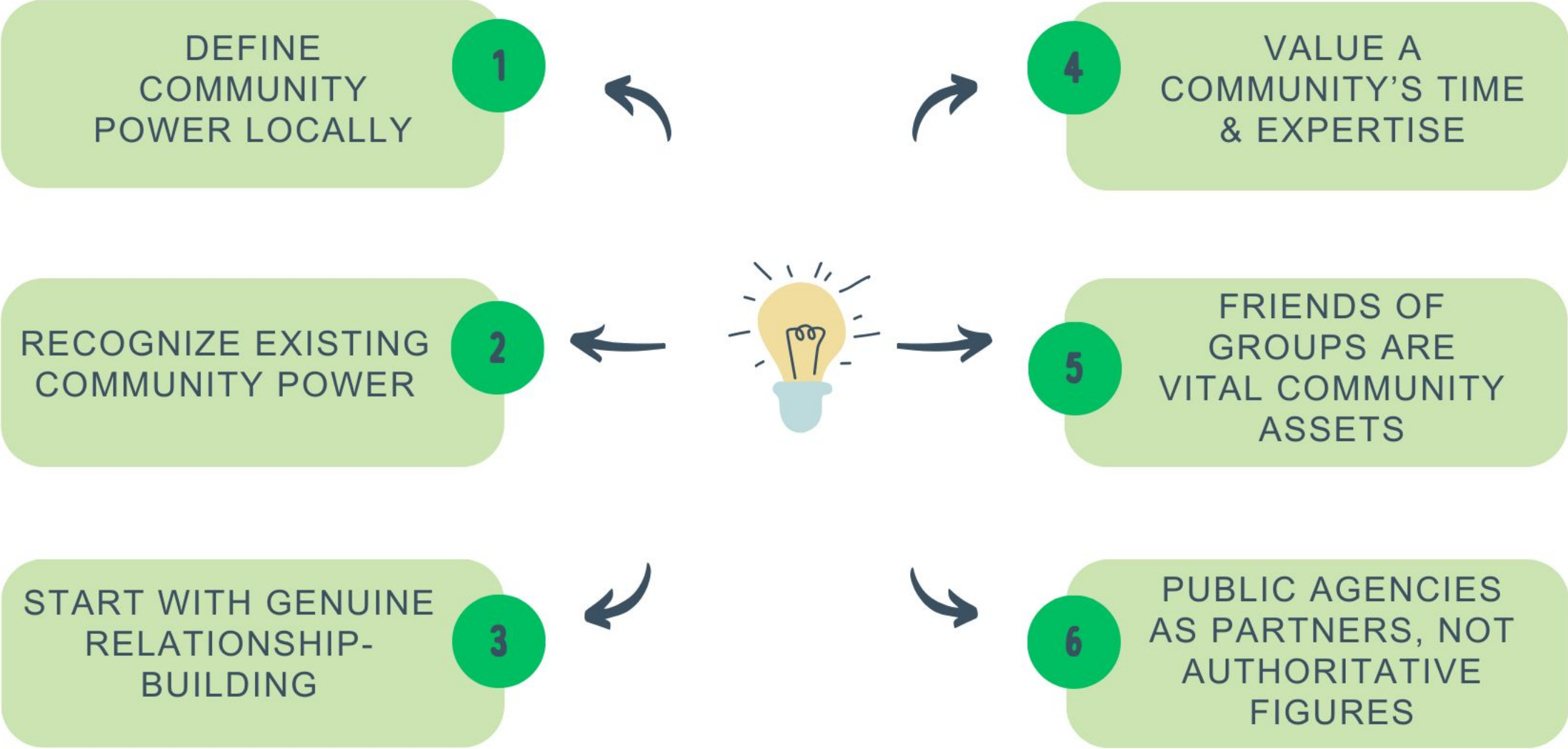
Park stewardship

How can we bolster the capacity of friends of groups and their community?

Social resilience

How can parks and programming strengthen social ties?

Report: Strategies & Recommendations to...





Social 60+ Cafe

Arlington County, VA



ARLINGTON VIRGINIA

Parks & Recreation



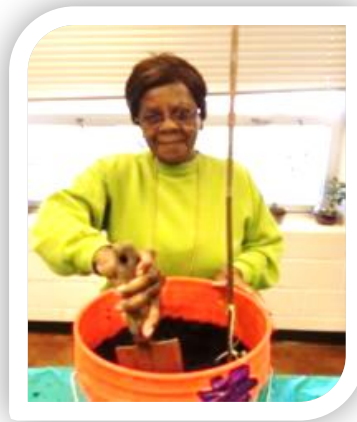
55+ IS TURNING 70!



Office of 55+ Programs

Quality Programs, Meaningful Results

- ▶ Opportunities to learn, enhance physical and mental wellness and engage in our community
- ▶ 55+ Centers
- ▶ Social 60+ Cafes
- ▶ Sports & Fitness
- ▶ Travel
- ▶ **RESULTS: Healthier lifestyles and social connections that improve quality of life**



55+ ARLINGTON CC PROGRAM

ARLINGTON MILL

909 S. Dinwiddie St., 22204
703-228-7369



LUBBER RUN

300 N. Park Dr., 22203
703-228-4767

AURORA HILLS (M/W/F)

735 S. 18th St., 22202
703-228-5722

WALTER REED

2909 S. 16th St., 22204
703-228-0955



LANGSTON-BROWN

2121 N. Culpeper St., 22207
703-228-6300





Social
60+ Café





Access to meals and transportation, health promotion and nutritional education, community services, social events and more!





Social 60+ Gardens





Response to COVID-19





ART CLASSES

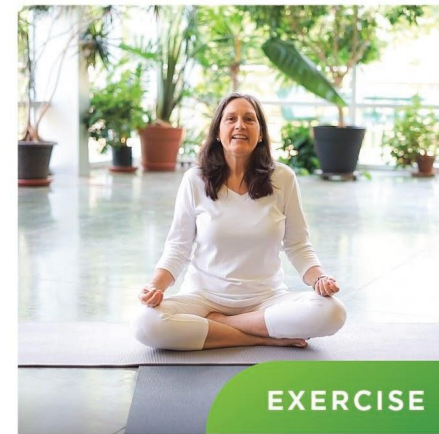


EDUCATIONAL



NUTRITION

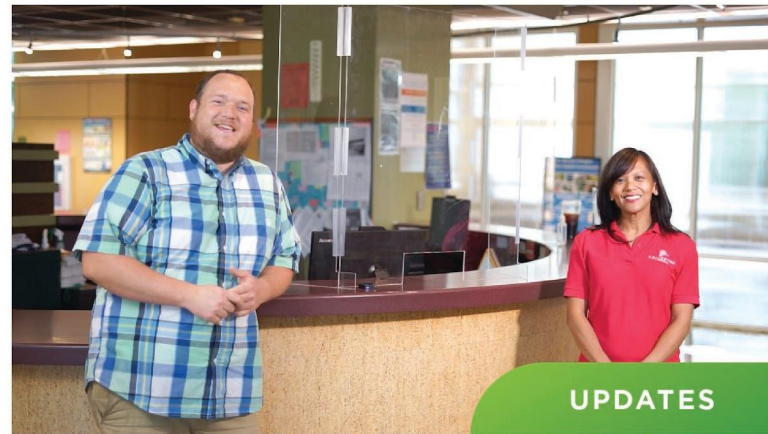
55+ ARLINGTON COUNTY VIRTUAL PROGRAMS



EXERCISE



PERFORMANCES



UPDATES



EXERCISE | TRAVEL | CONNECTIONS | MORE +

Virtual Programs - YouTube

The screenshot shows the YouTube channel page for 'Virtual Programs', which has 513 subscribers. The page is divided into two main sections: 'Uploads' and 'Exercise Videos'. The 'Uploads' section features a carousel of six live stream episodes, including '55+ Live! February 16, 2021 Talk Show (Episode 7)', 'Trees in Arlington's Urban Environment', and several '55+ LIVE!' episodes. The 'Exercise Videos' section displays a carousel of six exercise programs: 'Chair Yoga with Cindi', 'TABATA with Tommy', 'Workout with Linda', 'At Home Exercise Alternatives with Jill', 'Easy Tai Chi with Peggy!', and '30 Minute Yoga'. Below these sections, there is a 'Featured Channels' area with logos for 'Arlington TV', 'Arlington County Parks and Rec...', and 'Rec at Home'. The browser's address bar shows the URL 'https://www.youtube.com/channel/UC8iQ7UX39jckKJZ3TEMb3cg'.

<https://www.youtube.com/watch?v=trnVwvl0Qno>



Visit the Virtual Center for Active Adults

Find Connection, Stay Active and Have Fun!

The Virtual Center for Active Adults is a multi-jurisdictional platform offering weekly virtual programming for older adults and adults with disabilities. The goal of the VCAA is to enrich the lives of participants while reducing feelings of isolation.

Older adults and adults with disabilities who live in Northern Virginia are welcome to use this free resource. Join us to participate in a variety of programs and classes, engage with your peers, and connect with your community. Programs range from fitness classes to special presentations to interactive games. You can also watch prerecorded classes and programs on demand.

Virtual programming is presented by these partners:



Visit the Virtual Center for Active Adults:



bit.ly/novaVCAA



Contact Info:

Jennifer Collins, CPRP

55+ Programs Section Manager

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www.arlingtonva.us/55plus



Breakout rooms

20 minutes

Questions for peer discussion & exchange

1. How do you define social resilience?
2. In your work, what park, program, place or project immediately comes to mind that represents 'social resilience'?
3. Are there two groups that you work with where you'd like to strengthen social bonds?
4. What is one upcoming project or program you are most optimistic about that can strengthen social ties in your community?

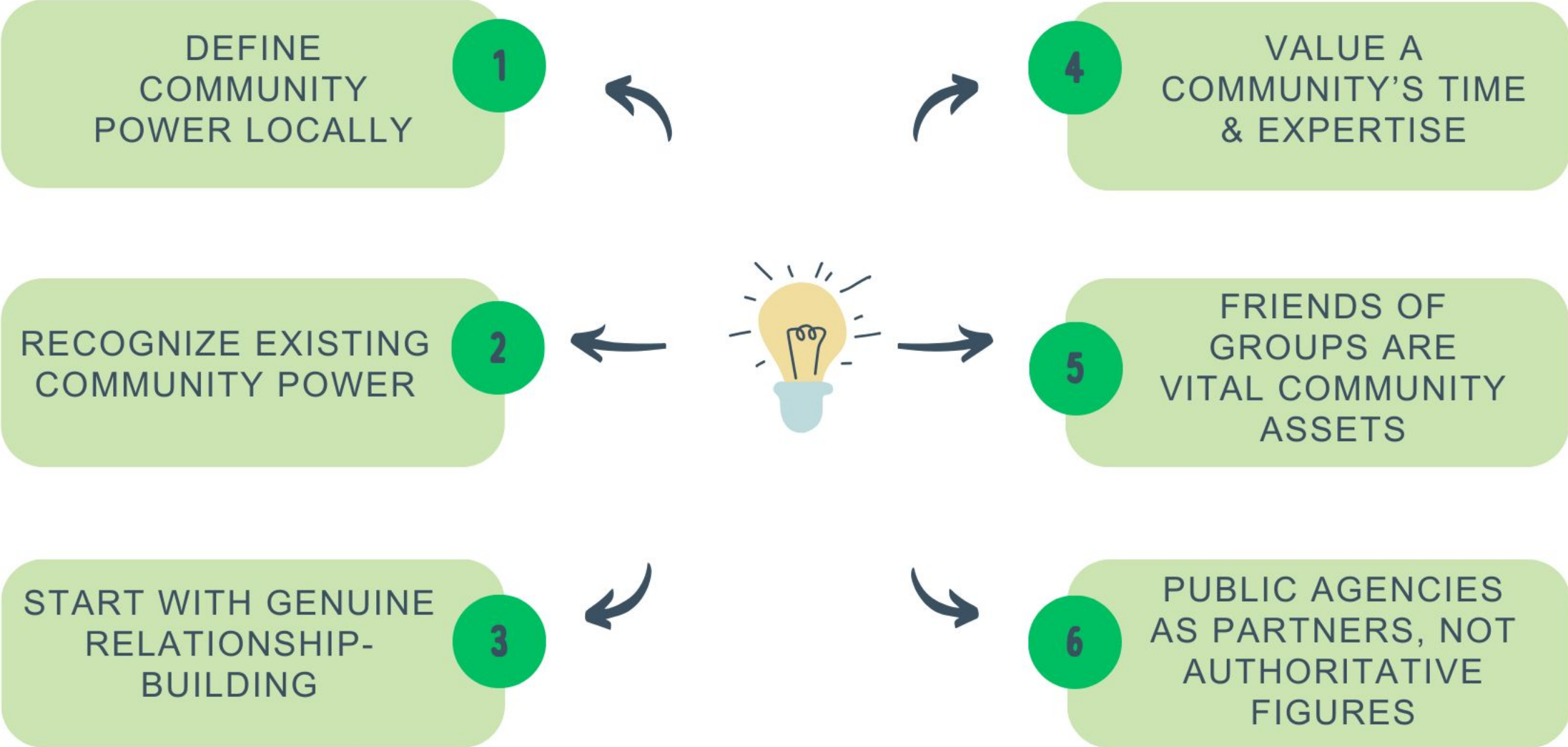


Welcome back!

Fill out the survey before you leave.



Report: Strategies & Recommendations to...





TECHNICAL ASSISTANCE

Park Equity Communities of Practice

The Park Equity Communities of Practice is a capacity building and peer learning network that brings together cities throughout the U.S. to focus on improving park equity. Over 600 city stakeholders, including city officials, planners, and parks professionals, from over 180 communities across the nation have come together to generate policy recommendations, resources, and guidance that supports changing park equity practices on the ground. Participants focus on the highest value opportunities and significant questions of the day, such as tools and metrics to evaluate park equity, inclusive community engagement strategies and policies, and leveraging the multiple benefits of parks through partnerships across sectors like private developers, climate, affordable housing, among others.



COMMUNITY OF PRACTICE RESOURCES

Community of Practice Track Library

Missed a track? Explore the full presentations and recording from each of our Park Equity Community of Practice tracks below!

Latest Sessions



Community Power: Park Stewardship

[View the presentation](#)



Parks Maintenance: Staffing & Capacity

[View the presentation](#)



Parks Plus Affordable Housing: Livable Cities & Investing in Green Public Spaces

[View the presentation](#)

-  Approaches to Park Equity
-  Community Engagement for Lasting Impact
-  Community Power: Civic Engagement for a Healthy Democracy
-  Developer Parks Partnerships Strategies
-  Parks Maintenance: Funding and Policies

NEW look!

Preview of NEW tracks

Launching this Fall 2024...

- Policy Incubator: Framework to Advance Park Equity
- Parks Plus: Economic Development
- Park Access & Connectivity



Thank you!

Questions? Comments?
Reach out to Christina Jang
christina.jang@tpl.org



Connecting everyone to the outdoors™