



SENIOR PLAY PARKS IN KAWARTHA LAKES – A LOCAL INITIATIVE

What is a Seniors Play Park?

It is an outdoor space where older persons gather and engage socially and physically. The outdoor park area consists of Action Stations designed to foster agility, mobility and stability. The intent of this initiative is not just for exercise but to spend time together, reinforcing a sense of community. It is accessible on a 24/7 basis, preferably three seasons in Canada. There is no fee or barrier to engagement.

Where will the first one be installed?

The first installation is planned for Fenelon Falls, Kawartha Lakes - first such park specifically built for seniors in Ontario. This designated area is planned on municipally owned and maintained park space. Ideally situated close to parking and accessible public washrooms. Other desired criteria include proximity to shade, such as a canopy of trees.

What is the size of a typical Seniors Play Park?

A mid-sized installation is 1,500 Sq Ft - 30' by 50' of designated space. The shape may be elongated or square depending on the space assigned and the layout of the various components. A mid-sized Play Park could include up to 7 different Action Stations, each featuring a different physical activity.

Are there additional items needed for the success of a Seniors Play Park?

To complement the selected action stations, weather-resistant steel canopies over the stations, social tables and benches, raised planters and a canopy of trees will provide an inviting outdoor space for seniors to gather, socialize and enjoy gentle exercise suitable to the target demographic.

When will it be open for participation?

Summer 2019

How is this to be funded?

Application for a Capital Grant from the Ontario Trillium Foundation is being prepared to seek \$135,000.00 to fund and install the basic series of Action Stations complete with low-maintenance Rubber ground cover that meets Fall Protection metrics. Additional elements such as planters, seating and social tables would be additional cost as well as any potential need for windbreak walls or major landscaping should the selected site require revitalization.

How will this be maintained?

Once the Seniors Play Park is installed, ownership of the installation would revert to the municipality for ongoing management and maintenance. Parks & Recreation would include this park enhancement into their parks management plans. The proposed low-maintenance rubber ground surface will require minimal care as compared to typical mulch or bark chips ground surface.

For more information on this initiative, contact Penni Holdham 705.887.1996