

CREATING A PATH FOR THE FUTURE

Elizabeth Equi



Examine Purpose

Examine Perspective

Learn Science on Aging

Reframe

Empower

Arlington Senior Center

A bit of history

How do you feel Senior Centers are classified
by most agencies?

What information are you giving to your elected officials/department heads/leaders?

What do they think is the purpose of a center?

Society's View on Aging

Society's View on Senior Centers

What's Our Goal?

1 in 6 adults have

Building Resiliency

Purpose

Neuroplasticity

Science of Aging

40% of dementia cases

Sleep

Nutrition

Importance of Managing Health Issues

Exercise

Brain Health

Social Connections

Access to accurate info

Reframing Aging

Changing the Narrative

Photo Tips





Reframing Centers

Creating a New Model

Programming that makes an impact

What Programming Challenges Does
Your Center Encounter?

What makes your
center unique?

Or better yet,
what does your center do well?

Arlington Strives to Make Programming Accessible to All

Get Outdoors

Summer Camp

Senior Olympics

Disc Golf

Lifelong Learning

Walking

Pickleball

Cooking Classes

Exercise



Connecting with your community

How many programs do you lead or teach?

How many programs does your staff lead?

How many programs do volunteers lead?

Provide Equitable Access

Encourage Excitement

Encourage Growth to Build Resiliency

Encourage New Passions

Partnerships

Resources

Let's Connect:

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