



April 12, 2017

*"Spring passes and one remembers one's innocence.
Summer passes and one remembers one's exuberance.
Autumn passes and one remembers one's reverence.
Winter passes and one remembers one's perseverance."
- Yoko Ono*

Age-Friendly Sarasota recognizes aging as a common thread of humanity, touching all of us across time -- across seasons -- and across all life stages and abilities. We are forever connected to each other through age - looking backwards via our ancestors, and looking ahead via our descendants to come.

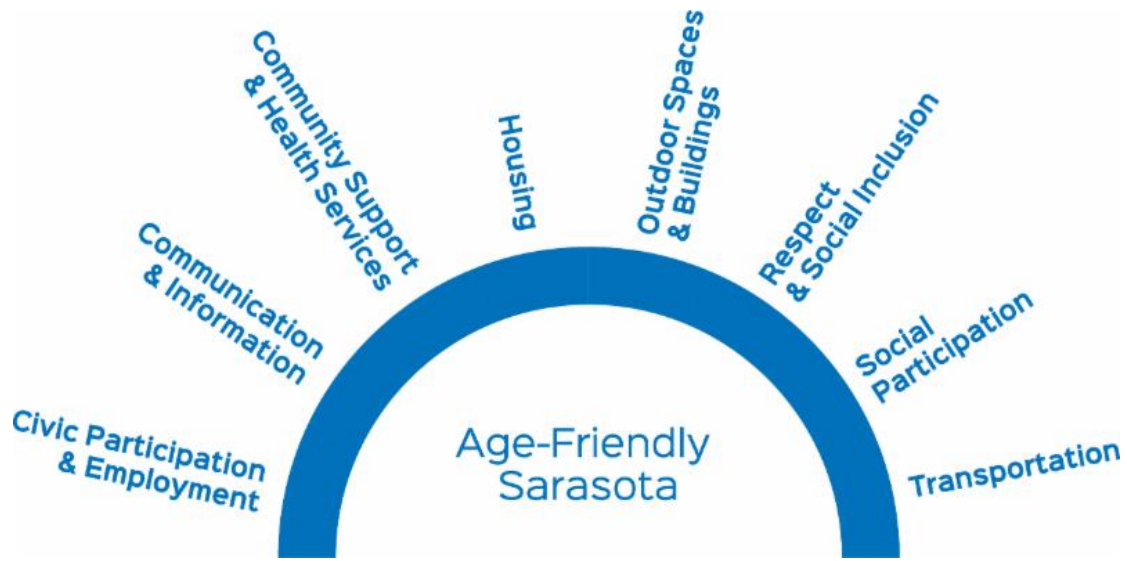
Age-Friendly Sarasota promotes healthy, active, engaged living for our community and is symbolized in the acronym "FOR ALL AGES." "E" stands for **Engaging ALL Generations**.

Have you heard of the term age-advantaged?

It refers to engaging all generations by intentionally promoting programs, policies, and practices that increase cooperation, interaction, and exchange between people of different generations. It helps enable people of all ages to share their talents, resources, and support with each other in relationships that benefit both individuals and their communities (Generations United, 2016).

Age-Friendly Sarasota honors the value of an "age-advantaged"

community and aims to engage multiple generations across the 8 Domains of Livability. This means that our "age-advantage" involves ALL of us, benefits ALL of us, and subsequently depends on ALL of us, whatever our age, to be the best age-friendly community we can be!



**SARASOTA COUNTY GOVERNMENT PRESENTS:
Age-Friendly Day**

Learn about the services and resources
that make Sarasota County
a vibrant community for people of all ages!



In honor of National County Government Month, representatives from Sarasota County Government will present on the practices and programs that enhance our community's quality and promote well-being at any age.

Presentations will dive into topics including:

- Transportation, Infrastructure & Universal Design
- Community & Health Services
- Civic & Social Participation

Registration is required and space is limited.
Please RSVP in advance to reserve your spot at this FREE event.

Age-Friendly Day is presented in partnership with Age-Friendly Sarasota, an initiative to build a community for all ages.

Wednesday, April 19
9:00 a.m. to 3:00 p.m.
Lunch Provided

Location:

County Administration Center, 1660 Ringling Blvd., Sarasota FL 34236
1st Floor Training Room

Registration is required and space is limited.
Please RSVP today to reserve your spot.

[**CLICK HERE TO RSVP**](#)

CELEBRATING Age-Friendly Sarasota: Across the Generations at the "Y"

Looking to engage with people across all ages - working together behind the desk, working out together in the gym, playing together on the courts, staying healthy together and having fun too? We are glad to shine the spotlight on one of our great intergenerational assets - and age-friendly too!

THE SARASOTA FAMILY YMCA, INC., a nonprofit organization committed to strengthening the community through youth development by nurturing the potential of every child and teen; healthy living by improving the community's health and well-being; and social responsibility by giving back and providing support to our neighbors.

Every day, the Y works to make sure that everyone, *regardless of age, income or background*, has the opportunity to learn, grow, and thrive.

The Sarasota YMCA is home to many activities and events for our youthful, energetic seniors (Y.E.S.). Programs include aquatics, dance, recreation, wellness, pickleball and more. Come join the fun and make new friends!

LEARN MORE

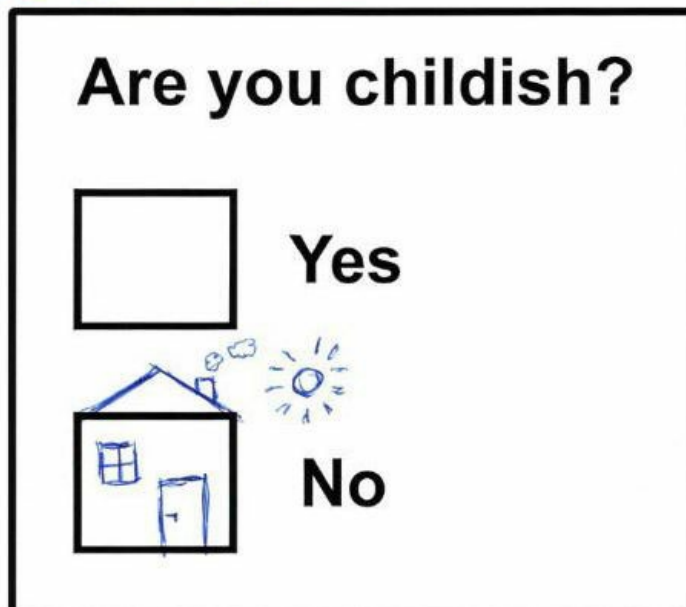


Rudy Bruback

@RudyBruback

No matter your age, take time out for fun.

[@AgeFriendlySRQ](#)



Sarasota County Government

Some people believe that Poseidon, the god of the sea, and Aphrodite, the goddess of love, beauty, and pleasure, created Sarasota as a symbol of their powerful connection.



Ok ... so maybe people don't really believe that, but Sarasota is surrounded by beauty and home to a vast number of beaches, parks, and recreational areas for our community to enjoy.

Our region is well on its way in becoming #AgeFriendly and Sarasota County Government wants to hear from you!

- [Unified Development Code \(UDC\)](#)
- [2 Public Notices: Hearings for I-75 Overpass Fruitville Initiative \(Special Planning Area 3\)](#)
- [Public Notice: Hearing for a Proposed Extension of Moratorium](#)

STAY TUNED ...

**We want to hear your voice for the
Age-Friendly Sarasota County Action Plan!**

GET CONNECTED:



Want to share an upcoming event or program related to making Sarasota County Age-Friendly? Email AFS at info@AgeFriendlySarasota.org and share your ideas!

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