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– Elizabeth Brubaker
Director, Housing and
Neighborhood Revitalization

Parks Help Bring Neighbors Together

Fitness and friendships find common ground

For many of us, neighborhoods are not what they used to be. With more people working long hours and living busy lives, it can be difficult to get out and get to know your neighbors, enjoy their company, and form lasting friendships. The City of Lancaster is out to change this by making it more inviting to visit our neighborhood parks.

“Just as park playgrounds help bring out moms with their toddlers to play and form friendships, local parks make it easier and more interesting for adults to spend time together, connecting with and enjoying each other’s company,” says Housing and Neighborhood Revitalization Director Elizabeth Brubaker. “Parks help create community. This is why we’ve invested Community Development Block Grant (CDBG) funds into making neighborhood parks appealing places for residents to spend their leisure time.”

CDBG funds have been used on improvements which encourage adults to be active and engage in local activities. The City has already installed new fitness circuits at El Dorado and Tierra Bonita parks, and by early summer new equipment will be added to Whit Carter and Mariposa neighborhood parks.

These fitness circuits provide a variety of stations where neighbors can start stretching and flexing their muscles, improve their circulation, and build overall strength. A number of stations are ADA compliant allowing both persons with disabilities and the elderly to benefit.

This gear not only encourages exercise, it also facilitates neighborhood interaction.

When people head out for a workout, they often strike up a conversation with a neighbor and soon discover just how much they have in common. Bonds are often formed which go well beyond being fitness partners.

“Our goal is to utilize neighborhood parks as a vehicle to encourage contact between neighbors, young and old, of all races, heritages, and abilities,” added Brubaker. “Fitness is a great place to start, as it has a big impact on the well-being of the whole community.”



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