



Mind, Body, Spirit Ossining



Town Hall Meeting, February 2, 2016, Ossining Public Library

Program Goals

- ▶ Town-wide Wellness Initiative
- ▶ Attract everyone from triathletes to couch potatoes!
- ▶ Encourage fitness, wellness, and good nutrition at all ages
- ▶ Importance of goal-setting and overcoming obstacles



Economic Development – Highlighting Ossining Businesses

- ▶ Opportunity for Ossining and Briarcliff businesses to showcase fitness and wellness offerings that target our minds and bodies
- ▶ Highlights community centers of fitness, wellness and nutrition
- ▶ Brands Ossining as a Fit Community that cares about everyone's health and well-being



Ossining's Outdoor Spaces

Showcasing our many excellent parks, trails, waterfront, and neighborhoods!



Louis Engel Park



Gerlach Park



Ryder Park Playground



Crawbuckie Preserve



Historic Dale Cemetery



Cedar Lane Park



How would this program work?

- ▶ Spring through Fall Weekends – Businesses choose 1-2 hour time frame that fits their schedule
- ▶ Participants gain tools for lifetime fitness
- ▶ Businesses gain an opportunity to offer a sampling of their fitness and wellness programs to the community



Sample Program Ideas

- ▶ Kayaking followed by Zumba or yoga at Louis Engel Park
- ▶ Hiking at Crawbuckie Preserve
- ▶ Stroller exercise for moms, dads, and caretakers at the spray park and riverfront
- ▶ Cross training, kick boxing, tai chi or Tae Kwon Do in a park or on a cul de sac
- ▶ Whatever YOUR business has to offer!



Program Outcomes

- ▶ **Educated and inspired community making healthy choices**

Shopping at the Farmers Market Walking to School

Attending classes at our local businesses

Walking Ossining's Neighborhoods Playing in Ossining's parks



Town/Village of Ossining Parks

- ▶ **Buck Johnson Park, Blue Lantern Road**
 - ▶ Playground equipment, basketball courts
 - ▶ **Sally Swope Sitting Park, Hawkes Avenue**
 - ▶ Open park space and trails
 - ▶ **Litt Park, Tappan Terrace**
 - ▶ Sitting area and playground
 - ▶ **Cedar Lane Park**
 - ▶ Basketball courts, fields, fishing, dog park
 - ▶ **Gerlach Park, Old Albany Post Road**
 - ▶ Playground, fields, access to Old Croton Aqueduct
 - ▶ **Louis Engel Park, Ossining Train Station**
 - ▶ Spray park, boat ramp, waterfront access
 - ▶ **Ryder Park, Morningside Drive**
 - ▶ Playground, fields, basketball and tennis courts
 - ▶ **Nelson Park, Washington Avenue, adjacent to South Highland Avenue**
 - ▶ Tennis courts, walking path, fields, basketball courts
 - ▶ **Nelson Sitting Park, Washington Avenue, adjacent to Park School**
 - ▶ Playground and sitting park
 - ▶ **Snowden Avenue Park, Snowden Avenue at Water Street**
 - ▶ Ballfields, playground, basketball court, skate park
 - ▶ **Sparta Park, Liberty Street**
 - ▶ Playground, gazebo
 - ▶ **Veterans Park, Naragansett Avenue**
 - ▶ Ball fields, playground, roller hockey rink
 - ▶ **Dale Avenue Park, Dale Avenue near Marble Place**
 - ▶ Playground, neighborhood park space
 - ▶ **Richard Wishnie Park, Pleasantville Road and Orchard Road**
 - ▶ Walking trail
 - ▶ **Arthur J. Jones Park, Park Avenue and Sherman Place**
 - ▶ Playground, neighborhood park space
 - ▶ **Crawbuckie Nature Preserve, Beach Road**
 - ▶ Walking and hiking trails
 - ▶ **William Street Tot Lot**
 - ▶ Playground and sitting park
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Questions? Want more information?
Have an idea for a program?

Contact the Town Supervisor's Office at (914) 762-6000

or e-mail Supervisor Dana Levenberg at

dlevenberg@townofossining.com

