

Active Aging Fitness Park at McDonough

McDonough Park
800 Centre Street
Eau Claire WI 54703



Donations are being accepted for the Active Aging Fitness Park at McDonough. Our project is a unique, one of a kind, proposal to revamp a portion of the community park at McDonough into an Active Aging Fitness area. Working collaboratively with community partners, this project, when completed, will provide affordable and accessible exercise options that the old and young alike can enjoy. This park will also be accessible to individuals with spinal cord injuries and those with other mobility challenges. Our goal is to improve the physical, mental and social wellbeing of every user but with a specific focus on our aging population.



Take a drive, or better yet a walk, through many of our community parks, playgrounds, and athletic facilities and chances are this is what you will see: children playing on playground equipment, other maybe playing on organized sports teams, but in most locations you will find older adults sitting on the sidelines or in the stands cheering for others. If older adults are “playing”, typically they are only playing on their phones! It is time we help older adults get off the bench and out of the bleachers and do more for their own health and wellbeing. However, if you look around many of our parks, playgrounds, and athletic facilities have not been designed or equipped to engage and encourage physical activity by older adults.

This is about to change! Beginning with the Active Aging Fitness Park at McDonough, the goal of our fund raising efforts is to help continue our progress on developing an active aging, senior and family-friendly facility for everyone to enjoy. While the 12 new pickleball courts now serve as the focal point for attracting seniors and families to the park, we want it to be more. It is time to think about new ways to make physical activity and exercise more available, accessible, affordable, enjoyable and, ultimately, more beneficial to everyone in our community, including our seniors and those citizens who have mobility challenges.



Make checks payable to: Community Parks Association

**Send to: City of Eau Claire Community Services Dept., 910 Forest Street, Eau Claire WI 54703
or email rose.adams@eauclairewi.gov for further information**
