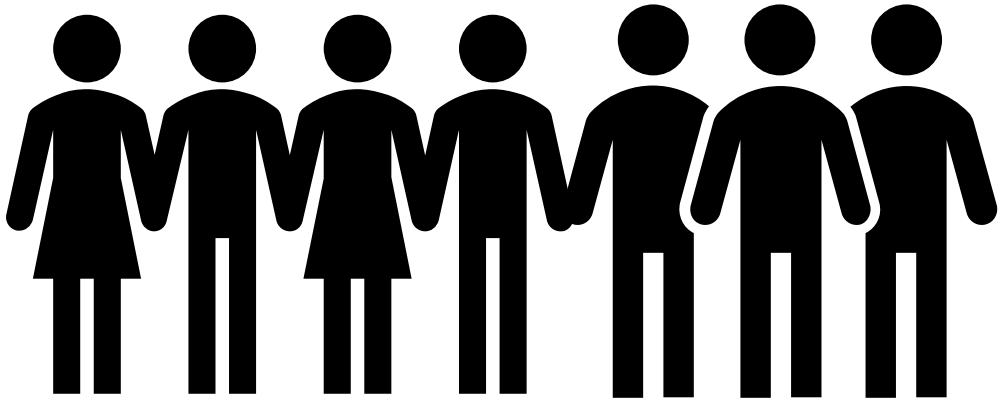
Building Community in an Isolated World

Connecticut Parks & Recreation Conference

November 26, 2019



Goals

- Explore Bonding Experiences
  - New
  - Unusual
  - Memorable
  - Spontaneous
  - Significant Shared Experience
- Brainstorm Ideas for Your Town

Look for Opportunities to Bond

Build an Igloo

- Unexpected
- Potential to go Viral
- New
- Unusual
- Memorable
- Significant

Racing on Oobleck

- Weird
- Quirky
- New
- Sharable
- Unusual
- Memorable
- Significant

What Makes Your Town Extraordinary?

What does your town have that other towns do not? Places, people, history, odd story (true or false), interesting landscape, etc.

New

Unusual

Memorable

Spontaneous

Significant Shared Experience

Ringing Rocks Park

Upper Black Eddy, PA

Examples of Community Events

- Wife Carrying Contest, Maine
- Art Sled Derby, Hartford, Connecticut
- Crazy Frozen Hair Contest, Canada
- Duck Parade, Peabody Hotel in Memphis, Tennessee
- Frozen Dead Guy Day, Colorado
- Hollerin’ Contest, North Carolina
- Cherry Pit Spitting, Michigan
- Pumpkin Chucking, Delaware

Unusual Brainstorm Mad Libs

Someone Famous

Planet, Outer Space or Imaginary Location

Random Object

Brainstorm Ideas for Your Town

Questions

- What is something unique in your town?
  - Interesting Story
  - Interesting Person
  - Unique Landscape
- What is photo worthy?
- What do people in your town enjoy?
- What is something you've always wanted to try? What's your wish, wild dream?

Is your idea: new, unique, memorable, spontaneous, and significant?

Keep in Touch

- I'm at a booth. Please stop by
- Facebook: Personal Euphoria Pilates
- YouTube: Euphoria Pilates
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- Email: Maggie@personaleuphoria.com
- Website: www.PersonalEuphoria.com
- Book: Keep Moving: Take Steps to Relieve Pain & Improve Your Life