



Active Aging Week at the Veterans Memorial Senior Center
October 7-11, 2019

Monday October 7th

8:30-10 am **Blood Pressure Testing** Sequoia Health and Wellness Adaptive PE Side Room
9:00- 9:45 am **Work Out With Fit Balls/Fuzzy Balls** Wellness Building Adaptive PE Room
10:30-11:30 am **Improve Your Balance (Circuit)** Wellness Building Adaptive PE Room
12-1 pm **Kickoff Lunch and APE's 30th Year Celebration! Eat Healthy and Tasty!** Redwood Room

Tuesday October 8th

9:00-10am **Kaiser Pharmacists Check Your Meds-Bring Your Meds/Questions also
A Kaiser Medicare Specialist Helps You Navigate the System!** Adaptive PE Room
10-11am **Get Immunized!** Safeway Pharmacy Wellness Building Adaptive PE Side Room
10:45-11:30 am **Malnutrition/Muscle Loss In Seniors** Wellness Building Adaptive PE Room

Wednesday October 9th

8:30-10 am **Blood Glucose Testing** Sequoia Health and Wellness Adaptive PE Side Room
9:00-9:45 am **Scams! Phone/Computer/And More** Wellness Building Adaptive PE Room
10:00-11am **Paint A Birdhouse!** Wellness Building Game Room
11am-12 noon **Chair Yoga** Arlene McCarthy Wellness Building Sequoia Room

Thursday October 10th

9-9:45 am **Brain Health- Diet/Exercise/Puzzles & Games** Wellness Building Adaptive PE Room
10-11am **Laminate Your Medicare or Social Security Card** Adaptive PE Side Room
11am-12 **Unlock Your Posture** Sequoia Room
1:00- 2 pm **Learn To Use Your iPhone** Wellness Building Game Room
2:30-3:30 pm **Circuit Level II** Wellness Building Adaptive PE Room

Friday October 11th

9-9:45 am **Senior Discounts- Get A List!** Wellness Building Game Room
10-11am **Get Immunized!** Safeway Pharmacy Wellness Building Adaptive PE Side Room
10 am-3 pm **Pets In Need Mobile Van:** \$15 for Veterinary Exam, Vaccinations, and Micro
Chipping. Senior pet owners only. Call for appointment: 368-7732. VMSC Parking Lot.
10-10:45 am **Stretch Out With Straps and Bands!** Wellness Building Adaptive PE Room
11am-12 noon **Name That Tune** Wellness Building APE Room

Please sign-up early! The first 200 sign-ups will receive a complimentary T-shirt for participating. Presented by: ADAPTIVE PHYSICAL EDUCATION, VETERANS MEMORIAL SENIOR CENTER, 1455 MADISON AVENUE, REDWOOD CITY, CA 94061. Call 650-368-7732 for more information, appointments, or to sign up. Sign up sheets in hallway of Wellness Building, 1st Fl.