



Active Aging Week at the Veterans Memorial Senior Center
September 24- 28, 2018

Monday September 24th

8:30- 9:30am **Kickoff Breakfast and Community Group Booths** VMSC Lobby
 8:30-10am **Blood Pressure Testing** Sequoia Health and Wellness VMSC Lobby
 9:30-10am **Go For a Walk- 2 speeds** Meet Outside VMSC Lobby
 11am- 12 **Pain Management with Myofascial Release** Wellness Building Sequoia Room

Tuesday September 25th

9-10am **Improve Your Balance (Circuit)** Wellness Building Adaptive PE Room
 10-11am **Get Immunized** Safeway Pharmacy Wellness Building Adaptive PE Side Room
 10-10:50am **Line Dancing** VMSC Redwood Room
 11am-12 **Senior Lawn Games** Field Behind Wellness Building

Wednesday September 26th

8:30-10am **Blood Glucose Testing** Sequoia Health/Wellness Wellness Bldg. Adap. PE Side Rm.
 10:30-11:30am **Learn To Use Your I-Phone** Wellness Building Adaptive PE Side Room
 11am-12 **Chair Yoga** Arlene McCarthy Wellness Building Sequoia Room

Thursday September 27th

9-10am **Kaiser Pharmacists Answer Your Questions** Adaptive PE Room
 10-10:45am **Stretch With Straps** Wellness Building Sequoia Room
 11am-12 **Decoding Diet/Nutrition** Scott Cahn, Reg. Dietician- Kaiser Adaptive PE Rm.
 1:00- 2 pm **How To Get Up Off the Floor/Bed and Floor Exercises** Wellness Bldg. Sequoia Rm.
 2:30-3:30 pm **Circuit Level II** Wellness Building Adaptive PE Room

Friday September 28th

10-11am **Get Immunized** Safeway Pharmacy Wellness Bldg. Adaptive PE Side Room
 10-11am **Laughter Yoga** Wellness Building Game Room
 10 am-3 pm **Pets In Need Mobile Van:** \$15 for Veterinary Exam, Vaccinations, and Micro Chipping. Senior pet owners only. Call for appt. 368-7732. VMSC Parking Lot.
 11am-12 **Name That Tune** Wellness Building Sequoia 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.**