



**ADAPTIVE PHYSICAL EDUCATION**  
**ACTIVE AGING WEEK**  
**OCTOBER 21-25, 2024**

**MONDAY- 10/21: VETERANS MEMORIAL SENIOR CENTER**

Healthy Breakfast and Demo- Chef Mark	8:30- 9:30
Blood Pressure Testing- Nurse Suzanne	9:00- 10:30
Chair Yoga- Ruth West	10:00- 11:00
Tour of New VMSC Building - Theater	11:00-11:45

**TUESDAY- 10/22: REDWOOD CITY ARMORY**

iphone & Tech Skills- Eric Gee/Anew Vista	9:00- 10:15
Blood Glucose Testing- Nurse Julie	10:00-11:30
Get Up Off the Floor- Scott	10:30- 11:00
Improve Your Balance- APE Staff	11:00-12:00

**WEDNESDAY- 10/23: REDWOOD CITY ARMORY**

Coffee and Crafts - Susan	9:00-10:30
Vaccinations- Safeway Pharmacy	10:00-11:30
Laughter Yoga- Karen	11:00-12:00

**THURSDAY- 10/24: REDWOOD CITY ARMORY**

Stay Safe!- American Red Cross & "GO" Bags	9:00-10:00
Dance Class- Denise	10:15- 11:00
Better Bladder Control For All - C. Berdoulay	11:15-12:15

**FRIDAY- 10/25: REDWOOD CITY ARMORY**

Learn To Use Walking Sticks- Scott	9:00- 10:00
Name That Tune - Scott	10:15- 11:15

**\*\*\* Sign up for classes and pick up your FREE 2024 T-Shirt! Plus many in-class giveaways!! VMSC Armory Building: 939 Valota Road, RWC. Questions? Call 650-368-7732**