

Active Aging Week 2023 Sets New Records

Adaptive Physical Education in partnership with the Veterans Memorial Senior Center hit new heights in year 13 of Active Aging Week. There were more than 20 interactive sessions offered during the week of October 3rd all at no charge to our local seniors.

First and foremost, an immense Thank You to Linda Burroughs for organizing this special week and for promoting and coordinating all of the elements that went into this successful event.

Community partners embraced the theme of taking control of your wellness journey via commitment and consistency. The week was launched with 196 eager participants on Monday. The day began with an interactive Healthy Breakfast Demo. Taking control was the underlying theme and attendees learned about the positive impact of Mindful Breathing.

Each day the keynote speaker's theme was reinforced by interactive sessions plus local community resource tables. Dr Mehrdad Ayati provided valuable tools on how to be prepared for your medical appointments, seek natural options and to be fully engaged in your wellness journey. Complimentary Blood Glucose testing, Vaccinations and Flu Vaccines were all made available by local professionals.

Nutritionist, Darcie Ellyne was followed by an enthusiastic Virtual Chopped Champions session, while Knee Rehab and Renewal was followed by an interactive session on the features of Fabulous & Functional Bathroom Remodels. Arts and Crafts, Pets in Need, HIP Housing and iPhone for Beginners further underscored the diversity of the offerings provided. The week closed on an even higher note with the Magical Bridge Foundation providing a healthy lunch and music by DJ Mike.

A huge thanks to our community partners and our local senior participants for a phenomenal Active Aging Week.