

Adaptive Physical Education's
Active Aging Week 2021
October 18-22

It was a great Active Aging Week- our 11th! Despite it being another Covid-19 year, we had a very good turnout on both Zoom and in person, totaling 187 participants. There were 16 classes, lectures and activities, to engage a diverse group in exercise, safety, and companionship.

Monday offered a Coffee and Chat, a class to Improve Your Gait, with instruction in using walking poles, Immunizations of many types from the Safeway Pharmacy (including flu, shingles and Covid-19), and a Chair Yoga class. Tuesday began with a Balance Circuit, a lecture on Phone and Cyber Security, and a Tai Chi class.

The Magical Bridge Playground started off Wednesday with a “seniors only” hour of play. Hopefully this will become a monthly event! Registered nurses came from Dignity Health Sequoia Hospital to do Blood Glucose screening, which was followed by a Frame Painting class, producing some gorgeous photo frames. Thursday began with an Improve Your Posture class, and was followed by a Decluttering Your Home lecture.

Friday offered Blood Pressure Screening, Boxing for Exercise, and ended with a rousing game of Name That Tune with prizes! Friday the 29th Pets In Need is coming once again with their mobile veterinary van to examine, vaccinate, and micro-chip 27 seniors' companion animals!

All participants received a 2021 Active Aging Week T-shirt. Useful health and security information, exercise, immunizations, play time, food, fun and friendships were all part of the week. Many people had not seen each other in almost two years!

