

Adaptive Physical Education's
Active Aging Week 2022
October 3-7

It was another great Active Aging Week- our 12th! With more folks returning to in-person activities post-Covid, we had a very good turnout, totaling 330 participants. There were 20 activities offered, plus a variety of community agencies, sharing their resources, engaging us in exercise for the body and mind, and all amidst an atmosphere of fun and friendship.

Monday offered a Healthy Breakfast demo, Blood Pressure checks, and a class to Roll Away Your Pain and increase fitness and function. Tuesday began with Blood Glucose checks and a lecture about understanding Blood Pressure, followed by a lecture about Foot Function to improve posture, balance, and walking, and ended with all access Line Dancing to R&B music!

Chair Yoga started off Wednesday, along with immunizations, a lecture about dental health, a tour of the Magical Bridge Playground, and ended with Armchair Football 101.

Thursday began with a Balance Circuit, and continued with two classes for iPhone users to improve their tech skills. Bingo Yoga closed out the day.

Friday offered Coffee and Crafts, where birdhouses and picture frames were painted with intense concentration and joy! Our ever-popular Name That Tune and a very fun and informative Nutrition and Family Feud rounded out the day, along with Pets In Need coming once again with their mobile veterinary van to examine, vaccinate, and micro-chip 20 seniors' companion animals!

All participants received a 2022 Active Aging Week T-shirt, daily raffle winners received a \$50 Visa gift card, and other great prizes were given to in select activities.

The community agencies that participated throughout the week included: Anew Vista; CalFresh; Dignity Health Sequoia Hospital; HIP Housing; Peninsula Family Services; Safeway Pharmacy; San Mateo County Aging & Adult Services; Sequoia Strong/Sequoia Healthcare District; Sonrisas Dental; Villages of San Mateo County.

Thanks again to one and all who took part in supported Active Aging Week on behalf of the Redwood City VMSC and Adaptive Physical Education. We certainly look forward to hosting this event again n 2023!