

**FREE**



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**Active Aging Week at the Veterans Memorial Senior Center Armory**  
**October 18-22, 2021**

**Monday October 18<sup>th</sup>**

|               |   |              |
|---------------|---|--------------|
| 8:30-9:15am   | Welcome Coffee & Chat- Meet New Friends                           | Armory       |
| 9:30-10:15am  | Improve Your Gait- Learn to Use Poles                             | Armory       |
| 10-11am       | Get Your Immunizations- Flu, Covid & More!<br>By Safeway Pharmacy | Armory       |
| 10:30-11:30am | Chair Yoga with Ruth West   | VMSC Theater |

**Tuesday October 19<sup>th</sup>**

|               |  |               |
|---------------|--|---------------|
| 9-10am        | Balance Circuit-Improve Your Balance                                       | Armory        |
| 10:30-11:30am | Cyber & Phone Security-Be safe!<br>With John Rafter, Cyber Security Expert | Armory & Zoom |
| 1-2pm         | Tai Chi- Learn Some Steps  | Zoom Class    |

**Wednesday October 20<sup>th</sup>**

|            |  |                              |
|------------|--|------------------------------|
| 9-10am     | Magical Bridge- Play Like a Kid Again! | Magical Bridge<br>Playground |
| 10-12 noon | Blood Glucose Screening                | Armory                       |
| 10:15-11am | Picture Frame Painting                 | Armory                       |

**Thursday October 21<sup>st</sup>**

|            |                        |        |
|------------|------------------------|--------|
| 9-10am     | Improve Your Posture   | Armory |
| 10:15-11am | Decluttering Your Home | Armory |

**Friday October 22<sup>nd</sup>**

|           |                                   |            |
|-----------|-----------------------------------|------------|
| 2-3pm     | Boxing For Exercise (Non-contact) | Zoom Class |
| 10-12noon | Blood Pressure Screening          | Armory     |
| 11-12noon | Name That Tune & Dance            | Armory     |

Please signup early! The first 150 signups will receive a complimentary 2021 AAW T-shirt for participating. Presented by **ADAPTIVE PHYSICAL EDUCATION**, 939 Valota Avenue, Redwood City, CA 94061. Call 650-368-7732 for more information or to sign up. Signup sheets in entry of the VMSC Armory (directly across the parking lot from the Magical Bridge Playground). Please call the morning of each Zoom class for the Zoom connection code.