



Active Aging Week Oct. 2 – 6, 2023

Monday, Oct. 2 - Veterans Memorial Senior Center

- 9-10 Healthy Breakfast Demo with Chef Gavin
- 9-11 Blood Pressure Check - Dignity Health Sequoia Hospital
- 10-11:00 Mindful Breathing = A Better Quality of Life
- 11-12:00 New Building Tour
- 12:00 Raffle Drawing

Tuesday, Oct. 3 - Redwood City Armory

- 9:30-10:30 Maintaining Your Blood Glucose - Dignity Health Sequoia Hospital
- 9:30-12:30 Info/Display Tables
- 10:00-2:00 Pets In Need [Appointment Required](#)
- 10:30-11:30 HIP Housing
- 11:30-12:30 Name that Tune
- 12:30 Raffle Drawing

Wednesday, Oct. 4 - Redwood City Armory

- 9:30-10:30 Immunizations – Flu shots – Safeway [Appointment Required](#)
- 9:30-12:30 Info/Display Tables
- 9:30-10:30 Active Engagement = Best Medicine – Stanford Geriatrics
- 10:30-11:30 Align Your Spine
- 11:30-12:30 Laughter is Medicine – El Camino Health
- 12:30 Raffle Drawing

Thursday, Oct. 5 - Redwood City Armory

- 9:00-10:30 Coffee and Crafts
- 9:30-12:30 Display/Info Tables
- 9:30-10:30 iPhone and Tech Skills for Beginners
- 10:30-11:30 Knee Rehab and Renewal
- 11:30-12:30 Bath Updates: Fabulous & Functional for All
- 12:30 Raffle Drawing

Friday, Oct. 6 - Redwood City Armory

- 9:30-10:30 Eat Well Be Well – Palo Alto Medical Foundation
- 9:30-12:30 Info/Display Tables
- 10:30 -11:30 Virtual Chopped Champions
- 11:30-12:30 Magical Bridge & Music Magic – RWC Parks and Arts Foundation
- 12:30 Raffle Drawing and Box Lunch

Advance Sign-Ups receive free T-Shirt. More Info: (650) 368-7732 www.adaptivepevmc.org