



Active Aging Week Oct. 3 – 7, 2022

Monday, Oct. 3 - Veterans Memorial Senior Center

- 9-10 Healthy Breakfast Demo with Chef Gavin
- 9-11 Blood Pressure Check - Dignity Health Sequoia Hospital
- 10-11:30 Increase Fitness & Functionality - Roll Away Your Pain
- 12:00 Raffle Drawing

Tuesday, Oct. 4 - Redwood City Armory

- 10-11 Blood Glucose Check - Dignity Health Sequoia Hospital
- 10-11 Understanding Blood Pressure - Dignity Health Sequoia Hospital
- 11-1. Info/Display Tables
- 11-12 Anatomy in Motion - Foot Function to Improve Posture, Balance, & Walking
- 12-1 R & B All Access Line Dancing
- 1:00 Raffle Drawing

Wednesday, Oct. 5 - Redwood City Armory

- 10-11 Immunizations – Flu shots – Safeway. [Appointment Required.](#)
- 10-11 Chair Yoga
- 11-12 Tour of the Magical Bridge
- 11-12 Dental Health – Your Window into Physical Wellness – Sonrisas Dental
- 11-1 Info/Display Tables
- 12-1 Armchair Football 101
- 1:00 Raffle Drawing

Thursday, Oct. 6 - Redwood City Armory

- 10-11 Upgrade your iPhone Camera and Video Skills - Advanced Beginners
- 10-11. Balance Circuit
- 11-12 iPhone and Tech Skills for Beginners
- 12-1 Bingo Yoga
- 1:00 Raffle Drawing

Friday, Oct. 7 - Redwood City Armory

- 9:30-11 Coffee and Crafts
- 10-3 Pets in Need Mobile Van: [Appointment Required.](#)
Call for appointment: 650-368-7732
- 11 -12 Name That Tune
- 12-1 Nutrition Family Feud
- 1:00 Raffle Drawing

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