

Join us by staying fit
everyday throughout October
5th -11th for Active Aging
Week for advanced
individuals.

Physical Activity Ideas:
Day 1 - Taking a stroll around the park
Day 2 - Gentle Yoga
Day 3 - Water Aerobics
Day 4 - Tai Chi
Day 5 - Social Dancing
Day 6 - Gardening
Day 7 - Chair-based Strength Training

Active Aging Week



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