

Active Aging Week at Senior Lifestyle



Initiated six years ago and promoted by the International Council on Active Aging (ICAA), Active Aging Week promotes health and independence for older adults on a national scale. Its mission is to afford seniors the opportunity to experience and learn how to live a healthier lifestyle through a week-long program that includes seminars, exercise, activities and social events. The aim is to include all older adults, regardless of income, age or background in a week that is free, educational and fun!

Senior Lifestyle is proud that each of our communities is an official host of ICAA's Active Aging Week. Each SLC community hosted daily programs focused on engaged living throughout the week. The mission of Active Aging Week is in line with our award winning Wellness Everyday™ program and we focused on a different dimension of wellness each day; physical, intellectual, emotional, social, spiritual and vocational.

Many of our communities received official proclamations of Active Aging Week; most notably Senator Patrick Meehan visited Bellingham Parklane in Westchester, PA to deliver his proclamation and Mayor Mark Mallory of Cincinnati presented his proclamation to the residents of Evergreen Wellspring.

Programs included Arthritis Foundation Walk a Thons, Laughter Yoga, Drum Circles, Spiritual Balloon Release and Tai Chi. The events were free and open to the local community as well as residents.

We were extremely pleased with the success of Active Aging Week and can't wait to take it to the next level in 2010!