



ADAPTIVE PHYSICAL EDUCATION PRESENTS: ACTIVE AGING WEEK

OCT 19 - 23 @ VMSB SENIOR CENTER
1333 Madison Ave., Redwood City

FREE TO ATTEND!
BRING A FRIEND!
RSVP TODAY!

9a-9:30a Coffee & Refreshments
9:30a-10:30a Daily Fitness Class
10:30a-11:30a Information Session/Discussion



Scan to RSVP online

THEME OF THE DAY		<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
		THRIVE WITH EXERCISE	CULTIVATING COMMUNITY & SOCIAL CONNECTION	LIFE IN BALANCE; RAISING AWARENESS ABOUT DIABETES	GROW YOUR HEALTH & HARVEST JOY	HEALTHY TECHNOLOGY HABITS
9a - 11:00a COFFEE ON THE PROMENADE PATIO						
9a - 11a	COMMUNITY PARTNER CLINICS & RESOURCES @ VMSC FRONT LOBBY	Blood Pressures by Dignity Health Jennifer Miller, RN	Vaccines Flu/COVID/Phemonia and more by Safeway Pharmacy	Glucose Monitoring by Dignity Health Julie Morimoto, RN	Community Resources & Information	1:1 Tech Assistance & Device Troubleshooting by AnewVista & VMSC Youth Volunteers
9:30a - 10:30a	EXERCISE CLASS OF THE DAY @ REDWOOD ROOM	Strength, Balance & Movement Level 1 with Scott Lohmann, Adaptive PE	Laughter Yoga with Karen Roman, El Camino Hospital	Gait & Mobility with Sang P vongnak, Adaptive PE OR Chair Exercise with Scott Lohmann	Fun with Beginning Circuit Fitness with Adaptive PE Staff	Chair Yoga with Ruth West, Adaptive PE
10:30a - 11:30a	INFORMATION DISCUSSION @ THEATER (Mon, Tue, Wed, Fri) @ ROOFTOP GARDEN (Thurs)	Importance of Early Exercise Intervention with Scott Lohmann, Adaptive PE	Cultivating Community & Social Connection with Sue Eldredge, Villages of San Mateo County	Diabetes & PreDiabetes Awareness with Janel Jurosky, RN Dignity Health	Dig Into Gardening Benefits! Rooftop Garden Tour & Pumpkin Succulent Craft Project with Suzanne Redell, UC Master Gardeners	Who Gave Them My Number? Protecting Yourself From Spam, Scam Texts, and Junk Email with Eric Gee, AnewVista FOLLOWED BY NAME THAT TUNE AT 11:30!!!