

ADAPTIVE PHYSICAL
EDUCATION PRESENTS

ACTIVE AGING WEEK

OCT 19-23 2026

9a – 12p Daily at the new VMSC
1333 Madison Ave. Redwood City

A vibrant week of health & wellness programs for all adults!
FREE to attend. Daily activities include:



Coffee, Crafts &
Conversation



Fitness Classes
For All Abilities



Info-packed
Discussions



In-Person
Clinics & Information Tables

SAVE THE DATE!
LOOK FOR REGISTRATION
INFO IN SEPTEMBER



Adapt Together & Thrive

Adaptive Physical Education is a 501(c)(3) nonprofit.
Donations welcome. EIN# 46-3037547