Active Aging Week Oct. 2 – 6, 2023

Monday, Oct. 2 - Veterans Memorial Senior Center
9-10    Healthy Breakfast Demo with Chef Gavin
9-11    Blood Pressure Check - Dignity Health Sequoia Hospital
10-11:00 Relaxation Breathing
11-12:00 New Building Tour
12:00   Raffle Drawing

Tuesday, Oct. 3 - Redwood City Armory
9:30-10:30 Maintaining Your Blood Glucose - Dignity Health Sequoia Hospital
9:30-12:30 Info/Display Tables
10:00-2:00 Pets In Need
10:30-11:30 HIP Housing
11:30-12:30 Name that Tune
12:30   Raffle Drawing

Wednesday, Oct. 4 - Redwood City Armory
9:30-10:30 Immunizations – Flu shots - Safeway
9:30-12:30 Info/Display Tables
9:30-10:30 Active Engagement = Best Medicine – Stanford Geriatrics
10:30-11:30 Align Your Spine
11:30-12:30 Laughter is Medicine – El Camino Health
12:30   Raffle Drawing

Thursday, Oct. 5 - Redwood City Armory
9:00-10:30 Coffee and Crafts
9:30-12:30 Display/Info Tables
9:30-10:30 iPhone and Tech Skills for Beginners
10:30-11:30 Knee Rehab and Renewal
11:30-12:30 Bath Updates: Fabulous & Functional for All
12:30   Raffle Drawing

Friday, Oct. 6 - Redwood City Armory
9:30-10:30 Eat Well Be Well – Palo Alto Medical Foundation
9:30-12:30 Info/Display Tables
10:30 -11:30 Virtual Chopped Champions
11:30-12:30 Magical Bridge & Music Magic
12:30   Raffle Drawing

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