



Active Aging Week October 3-9

**October 3: All about “ME” Monday: Focus on Self Care**

10:00 am Exercise - Great Room

10:30 am Blood Pressure Checks by Nursing Staff - Great Room

2:00 pm Exercise - Great Room

2:30 pm Brain games, find ways to master your daily schedule/activities - Great Room

3:00 pm Coffee & Tea Tasting - Fireside Lounge

**October 4: Never Too Late Tuesday: Trying New Hobbies & Activities**

10:00 am Barge Ride & Breakfast at Bays Mountain Park

10:30 am Balance Screening & Fall Reduction Education: Therapy - Great Room

2:30 p.m. UT Extension Center: Nutrition & Aging - Great Room

3:00 p.m. UT Extension Center: A Matter of Balance - Great Room

**October 5: Wow! It’s Wellness Wednesday**

10:00 am Exercise - Great Room

10:30 am Importance of Hydration for Seniors: APK Dietician - Fireside Lounge

2:00 pm Exercise - Great Room

3:00 pm Demonstration of Healthy Cooking: Chef Marlin - Fireside Lounge

**October 6: Thirsty for Knowledge Thursday: Education & Knowledge Day**

10:00 am Exercise - Great Room

10:30 am Medicare & Insurance Knowledge: APK Social Worker Carol Herron - GR

2:00 pm BARRE Class: Ballet/Yoga Class - Great Room

3:00 pm UT Extension Center: A Matter of Balance - Great Room

**October 7: Fun Friday: Never Act Your Age**

9:00 am OUTING: Breakfast & Barge Ride at Bays Mountain Park

10:00 am Exercise - Great Room

11:00 am Music Therapy: Sing Along - Great Room

2:00 pm Exercise - Great Room

3:00 pm Celebration of “You” Reception: Music & Healthy Treats - Fireside Lounge

Interested in participating in one of our Active Aging Week activities? Reach out to our Activities Coordinator, Anthony Powers, at [apowers@asbury.org](mailto:apowers@asbury.org) or by phone! 423-830-8519