



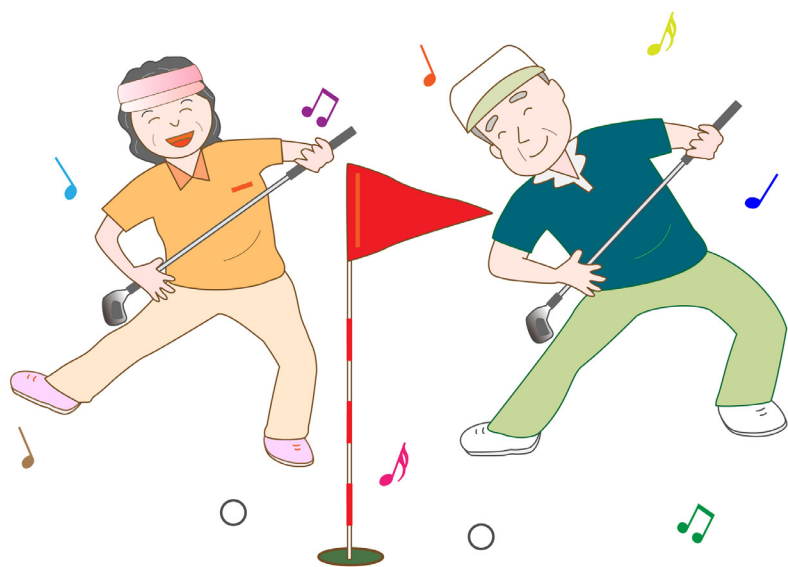
Active Aging Week

October 5 - 9
50+ Fun All Week Long!

Schedule of events inside.

What is Active Aging Week?

Active Aging Week was initiated by the International Council of Active Aging to celebrate aging and to promote the benefits of a healthy lifestyle on a national scale. Similar to other organizations around the world, we are providing multiple activities for older adults. The goal is to share the positive messages of Active Aging Week and to showcase our age-friendly wellness programs. The campaign’s overriding goal is to give as many older adults as possible the means to experience wellness activities and exercise in a safe, friendly and fun atmosphere.



*We don't stop playing
because we grow old.*

*We grow old because
we stop playing.*

How to Register

There is **NO CHARGE** for Active Aging Week events, however, pre-registration is required and space is limited. Call 427-6460 or stop by the Community Center to sign up. Registration deadlines are **two days prior** to each event. Check-in for tournaments is 30 minutes before each event.

Prizes

Everybody’s a winner in our book, but the top three finishers in each tournament will receive gift cards.

Walk to End Alzheimer’s Saturday, October 3, 9:30 a.m. Community Center, 233 W. Main St.

Help us kick off Active Aging Week! Join the **Active Agers** team for the Alzheimer’s Walk. Virtual kick-off is at 10:00 followed by a 1-mile walk through downtown. This activity is free but you must call 427-6460 to register by September 26. The Community Center works closely with the Fort Wayne Alzheimer’s Association to provide programming in support of caregivers and those with early stage dementia.

Event Locations

Acres Land Trust	1802 Chapman Road, Huntertown
Community Center	233 W. Main Street
Kreager Park	7225 N River Rd.
McMillen Park Golf Course.....	3900 Hessen Cassel Rd.
Shoaff Park	6401 St Joe Rd.

Schedule of Events

Time	Activity	Location	Register by
Monday, October 5			
8:30 am	Opening Breakfast Sponsored by StoryPoint	Community Center	10/2
10:00 am	Women's Cornhole Tournament Sponsored by Hearing Aids Plus+	Community Center	10/2
11:00 am	Men's Cornhole Tournament Sponsored by Hearing Aids Plus+	Community Center	10/2
2:00 pm	Canoeing (1 hour)	Shoaff Park	10/2
Tuesday, October 6			
9:00 am	Women's Golf (9 holes) Sponsored by TLC Management	Shoaff Park	10/2
9:30 am	Downtown Mural Walking Tour Sponsored by Life Care Center of Fort Wayne	Community Center	10/2
1:00 pm	Choose Healthy Meals as You Age Sponsored by Parkview Regional Medical Center	Community Center	10/2
2:00 pm	Billards Tournament Sponsored by Miller's Merry Manor of Fort Wayne	Community Center	10/2
5:30 pm	Disc Golf (9 or 18 holes)	Shoaff Park	10/2
Wednesday, October 7			
9:00 am	Men's Golf (9 holes) Sponsored by Summit Health and Rehabilitation	McMillen Golf Course	10/5
10:00 am	Hike at Acres Land Trust Sponsored by Majestic Care of West Allen	Acres Land Trust	10/5
1:00 pm	Getting To Know Your Herbs	Community Center	10/5
2:00 pm	Connect Four	Community Center	10/5
Thursday, October 8			
9:00 am	Wii Tournament Sponsored by Majestic Care of Fort Wayne & New Haven	Community Center	10/7
2:00 pm	Bocce	Kreager Park	10/7
Friday, October 9			
9:00 am	Shuffleboard Tournament Sponsored by Chapman Place Senior Living	Community Center	10/7
12:00 pm	Lunch (first 50 participants) Sponsored by Nine Mile Restaurant	Community Center	10/7
1:00 pm	BINGO Sponsored by Miller's Merry Manor, Huntington	Community Center	10/7

AARP Sponsored Fitness Park

Powered by FitLot



at the Community Center, 233 W. Main St.

The new outdoor fitness park features various pieces of equipment that use one's own body weight for resistance making each piece adaptable to any age, gender and ability. The park is open to the public, free of charge, like all city parks and playgrounds. Come check it out!



Community Center
233 W. Main St.
Fort Wayne, IN 46802

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