

# AARP FitZooz



at the Community Center, 233 W. Main St.

**Friday**  
**SEPT 30**  
**4:30-7 pm**



**FREE**

**FOOD DEMOS**   **GAMES**   **PRIZES**  
**LIVE ENTERTAINMENT**  
by Sunny Taylor



## Intergenerational Fishing Derby & Cookout

**Saturday, September 24   10 am-1 pm   Lakeside Park, 1401 Lake Ave.**



Bring your favorite fishing partner under the age of 50 (only one partner per 50+ person). The derby is from 10:00 a.m.-12:00 p.m. and there will be a cookout at 12:00 p.m. You do not need a fishing license to participate in this event, but you do need to bring your own gear. Please call 427-6460 by September 16 to register. The event is FREE.

Community Center  
233 W. Main St., Fort Wayne  
(260) 427-6460



# ACTIVE AGING WEEK



**October 3 - 7**  
**50+ Fun All Week Long!**

**Schedule of events inside.**



**FORT WAYNE  
PARKS AND  
RECREATION**



# 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 free activities for older adults. We want 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.*

## Event Locations

|                                      |                                   |
|--------------------------------------|-----------------------------------|
| Community Center .....               | 233 W. Main Street                |
| Fort Wayne Outfitters.....           | 1004 Cass St, Fort Wayne          |
| Kreager Park .....                   | 7225 N River Rd, Fort Wayne       |
| McMillen Golf Course.....            | 3900 Hessen Cassel Rd, Fort Wayne |
| McMillen Park Community Center ..... | 3901 Abbott St.                   |
| Shoaff Park Golf Course.....         | 6401 St Joe Rd, Fort Wayne        |

## 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, 233 W. Main St., to sign up. Registration deadlines are two days prior to each event.



**American Senior Communities**



**NORTH Senior Living**

## Walk to End Alzheimer's

**Saturday, October 8, 9:00 a.m.**

Help us end Active Aging Week with a bang! Join The Active Agers team as we Walk to End Alzheimer's! We will meet at the Community Center and walk to Parkview Field at 9:00 a.m. for the opening ceremony. After that, you can choose a 1-mile or 3-mile walk. This activity is free but you must call 427-6460 by September 25 to sign up. 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.

# Schedule of Events

| Check in by                 | Activity   | Location              | Register by |
|-----------------------------|--|-----------------------|-------------|
| <b>Monday, October 3</b>    |  |                       |             |
| 9:00 am                     | <b>Opening Breakfast</b><br>Sponsored by Silver Birch                                    | Community Center      | 9/29        |
| 9:30 am                     | <b>Women's Cornhole Tournament</b><br>Sponsored by Hearing Aids Plus                     | Community Center      | 9/29        |
| 10:30 am                    | <b>Men's Cornhole Tournament</b>   | Community Center      | 9/29        |
| 1:30 pm                     | <b>Kayaking (1 hour)</b>   | Fort Wayne Outfitters | 9/29        |
| <b>Tuesday, October 4</b>   |  |                       |             |
| 8:30 am                     | <b>Pickleball: Men's &amp; Women's Doubles</b>   | McMillen Park CC      | 9/30        |
| 10:30 am                    | <b>Women's Golf (9 holes)</b><br>Sponsored by Ossian Heath Communities                   | Shoaff Golf Course    | 9/30        |
| 1:30 pm                     | <b>Billiards Tournament</b>  | Community Center      | 9/30        |
| 3:30 pm                     | <b>Bradley Hotel/Kilwins Walking Tour</b><br>Sponsored by Life Care Center of Fort Wayne | Community Center      | 9/30        |
| 5:00 pm                     | <b>Disc Golf (9 or 18 holes)</b>   | Shoaff Park           | 9/30        |
| <b>Wednesday, October 5</b> |  |                       |             |
| 8:30 am                     | <b>Table Tennis</b>  | Community Center      | 10/3        |
| 8:30 am                     | <b>Pickleball: Mixed Doubles</b>   | McMillen Park CC      | 10/3        |
| 10:30 am                    | <b>Men's Golf (9 holes)</b>  | McMillen Golf Course  | 10/3        |
| 1:30 pm                     | <b>Connect Four</b>  | Community Center      | 10/3        |
| <b>Thursday, October 6</b>  |  |                       |             |
| 8:30 am                     | <b>Bocce</b><br>Sponsored by Englewood Health & Rehab                                    | Kreager Park          | 10/4        |
| 11:00 am                    | <b>Time Jigsaw Puzzling</b>  | Community Center      | 10/4        |
| 1:30 pm                     | <b>Wii Tournament</b><br>Sponsored by Majestic Care of Fort Wayne and New Haven          | Community Center      | 10/4        |
| 6:00 pm                     | <b>Staying Active Trivia</b>   | Community Center      | 10/4        |
| <b>Friday, October 7</b>    |  |                       |             |
| 8:30 am                     | <b>Shuffleboard Tournament</b><br>Sponsored by Chapman Place Senior Living               | Community Center      | 10/5        |
| 12:00 pm                    | <b>Lunch (first 50 participants)</b><br>Sponsored by Nine Mile Restaurant                | Community Center      | 10/5        |