

Active Aging Week 2007:



1

Host sites offered a panorama of wellness activities during this annual celebration of healthy lifestyles for adults ages 50 and older

How do we encourage older adults to lead a more active lifestyle? The answer can be found among the creative opportunities provided by the many organizations that hosted Active Aging Week events. This annual celebration of healthy lifestyles for older adults is spearheaded by the International Council on Active Aging® (ICAA), an association that supports professionals who develop wellness and fitness facilities and services for adults over 50. For this year's event, retirement communities, statewide and

provincial agencies, seniors centers and health clubs planned a panorama of wellness activities in the last week of September. Their goal? To encourage older adults to experience activities and exercise in a safe, friendly and fun atmosphere.

While ICAA is the sponsoring organization for Active Aging Week, and provides national level media support and free campaign materials, the local leader determines what activities to offer. After deciding to host one or more Active Aging Week events, the professional becomes the event's champion by organiz-

ing events, volunteers, speakers, donors, sponsors and publicity. It's a big job, but the rewards for the older adults who attend can be substantial.

Hosting organizations register with ICAA, which enables ICAA to post their locations and activities on its website.



2

Choose an active life

Press releases to the consumer media refer people to the Active Aging Week section of this site. It is exciting hearing what the hosts plan to offer, as well as seeing media prepublicity begin to appear.

After Active Aging Week was over this year, ICAA asked hosts for comments about how their activities progressed. Reports poured in from across the United States and Canada—and the following pages offer readers highlights of activities, secrets of success and suggestions for improvement. The organizers of the week's activities did an amazing job of providing programs within the dimensions of wellness. Many of the activities they offered are listed on pages 56–57. Not only does this lengthy list show the variety of Active Aging Week events, but it is also a great source of ideas for next year's host sites.

The power of collaboration

Whether a single event or a week of activities, hosts pulled together planning committees, presenters, vendors, sponsors and giveaway contributions. Collaborating with multiple partners required more advance organization, but it also enabled hosts to find resources that might otherwise be unavailable.

Presenters who gave lectures and demonstrations, taught classes, led discussions and answered questions included professors, physicians, yoga and tai chi teachers, nurses, therapists and exercise leaders. Michelle Skeele, of Henderson County in North Carolina, acknowledged the many presenters who donated their time and skills. "As always, one of the highlights of the week is the enthusiasm of the activity providers who give demonstrations! They are so gracious in donating their time and talent."

Just as presenters donated their time in exchange for distributing their promotional and informational materials, so did local healthcare providers and businesses with products relevant to older adults. These businesses were often involved as exhibitors at a health fair or kickoff event, or they donated discount coupons, products and samples for giveaways.

In New York state, a coalition of organizations (the Cayuga County Human Services Coalition, Cayuga County Office for Aging, Healthways Silver-Sneakers Fitness Program, Auburn YMCA-WEIU, Alzheimer's Association, RSVP) worked together to form a planning committee and to offer activities in multiple sites throughout Cayuga County, said Jo Halstead. One outcome was finding sponsors to cover the costs of key events. For example, a healthcare organization sponsored a well-attended presentation by a motivational humorist, and a health insurance company and

Continued on page 50



Active Aging Week 2007: Choose an active life

Continued from page 47

local manufacturer cosponsored the closing dance, held in a pavilion by a lake.

At Lake Howard Heights retirement community in Winter Haven, Florida, 61 organizations assisted in the week. The Resident Council helped people sign up at individual tables for the week's events, said Sherry Adolfson, and 80 residents attended the kickoff. "There were a lot of volunteers from different groups and organizations participating," Adolfson added. "Church groups, preachers, teachers, entertainers, children for intergenerational programs, YMCA, a local clothing store, a rehabilitation therapy group and wonderful residents assisted and participated in many different areas of the events."

Organizing successful activities among multiple counties in western North Carolina (Henderson, Buncombe, Transylvania, and Madison counties) relied on the coordinator in each county as well as local presenters, sponsors and sites, reported Rebecca Chaplin of the Area Agency on Aging, Land of Sky Regional Council. "Active Aging Week provided an opportunity to develop a sense of community, vision and collective purpose," Chaplin observed.

Walking the talk

Virtually every host site offered a walk, whether a stroll through a garden, an easy or moderate walk and roll through a retirement community, or active hikes through valleys and hills. Holiday Retirement Corporation had 19 com-

munities participate under a Walk for Wellness theme. The directors at each site pulled out all the stops to expand on that idea, and hosted wheelchair/walker decorating sessions, high school bands to lead residents, and creative contests to encourage more steps.

For example, the Bethel Park High School marching band and drill team kicked off the Bethel Park (Pennsylvania) Retirement Community's Walk Around the World. After a band performance and speech by the city mayor, residents walked around the building, receiving a country flag for each lap they completed. Raffle tickets were awarded based on the number of flags.

In Pensacola, Florida, community residents joined those living at University Pines retirement community at five sites that featured indoor walking, providing older adults with a safe and temperature-controlled environment. The result was over 1,400 miles logged during the week. One day, participants walked around the local mall to music provided by a pianist and grabbed flags as they walked, earning points for bronze, silver and gold sneaker awards, trophies

and special door prizes. The walk was enhanced with games, including a sneaker toss and "big foot/little foot" measuring station.

Taking two themes to heart, residents and staff at The Seville in Orem, Utah, combined Active Aging Week with Talk Like a Pirate Day. Once the Pillage and Plunder Plans were announced, the community became a pirate ship and residents on each floor were established as captains and first mates, donning the appropriate headgear and mustaches. With much "Avast me hearties, shiver me timbers, and yo ho hos," captains led residents along walks in a local garden and parks—and even on a pirate parade through downtown.

First mates recorded pedometer readings, and all residents had a chance to grab jewels—multicolored balloons released from the third floor atrium. The Active Aging Week theme of education was not forgotten: Lectures included Sure Footing on Slippery Decks and How to Walk the Plank.

Regularly the SilverSneakers instructor at Rensselaer Senior Center in Rensselaer,



New York, Eliana Roque hosted a three-mile walk along a lake. Roque had to change the time of the walk because the day was hot, but was pleased that 26 people registered, including those from other fitness centers. The walk “was a different type of activity for my members to experience and prove to themselves that they can do it,” said Roque. “Members that I didn’t expect to walk the full length did it and members from the class that I didn’t expect to show up did and walked part of the length ... that was a great turnout!”

Transportation counts

In Chicago, the Department on Aging hosted its third annual Active Aging Week event, and brought about 350 older adults to the South Shore Cultural Center, along Lake Michigan. A morning of group exercise was followed by lunch and line dancing. To gain the attendance, Katy Truckly-Hanzlik reported that the department provided bus service from 12 locations around the city. The main draw was the classes (“the seniors like the instructors”), and lunch was provided because bus pickup was at 9:30 a.m. and the return trip was at 1:15 p.m.

The Ten Toe Express, a program that links walking and public transportation,

welcomed about 200–300 people to its kickoff and health fair in St. Louis, Missouri. One reason for the great turnout, commented organizer Jessi Erickson, was that the location could easily be reached by transit or by walking. Erickson said that “the Ten Toe Express kickoff was a chance for interested participants to sign up for the program and receive their free walking kit.” This kit included “a pedometer to count their steps, a book of free transit passes, health education booklet, walking tour maps with local destinations of interest, a coupon booklet for local businesses and additional promotional items.” The kickoff also featured a presentation by a walking expert and local vendors.

Rather than attempting to get older adults to travel, organizers in rural Madison County (North Carolina) brought the expert demonstrations to the people by hosting programs in congregate meal sites.

Getting the word out

Many hosts reported using and modifying the publicity materials available on the ICAA website, as well as creating original materials. Announcements to local media were typical, as were flyers and posters. While some organizers generated strong pre-week publicity, other sites had little media attention, even when providing similar releases. Although disappointed with less media coverage and lower attendances, the hosts agreed that even with smaller turnouts, their events gave those attending an opportunity to experience active aging options.

The Cayuga County events were well publicized. The county Office for Aging sent newsletters to all older adults and brochures were distributed in the community. In addition, the local newspaper was supportive, and featured articles every day on aspects of active aging (exercise, Maintain Your Brain, yoga, adult education), as well as spotlighting the county’s special events (a humorist and a dance).

In Henderson County, North Carolina, the local newspaper donated space for advertising, and in Oshkosh, Wisconsin, a sponsor paid for ads. The calendar of events/brochure produced in Buncombe County was likewise paid for by a sponsor.

Eleanor Lorenzi, at the City of Ottawa Plant Recreation Centre in Ontario, personalized posters with digital photos of participants who regularly visit the center. “Everyone loves the photos,” said Lorenzi. “And I think they serve a dual purpose: They help to reassure prospective new senior participants that ordinary people like themselves can do these things, and, secondly, they give a boost to the people who are shown in the photos.”

Although off to a late start, a coalition of organizations in San Diego, California, decided to host a health fair in the city’s major park. In addition to flyers, three organizers of the Active Aging Fitness Expo appeared on a local television news station. In the end, more than 130 people attended the event.

The Harvest Hop dance emphasized social dancing as a way to be physically active, and drew 350 older adults,

Continued on page 52



Active Aging Week 2007: Choose an active life

Continued from page 51

reported Joyce Davidoff of the Active Aging Collaborative of El Paso, Texas. Held in a downtown mall that was easy for older adults to get to, the dance included local media personalities, who were invited to serve as judges for a dance contest (they also danced with the winners), thus ensuring media coverage of the event.

River's Edge Retirement Residence in Savannah, Georgia, hosted a Roll and Stroll at a local mall to kick off the week. The mall helped advertise the walk by posting the flyer on its website, sending an email to 30,000 contacts, and displaying the event on a marquee at a high-traffic entrance. Forty residents traveled to the mall on the River's Edge bus for the walk. River's Edge also gave away cookies, pedometers and 1,000 bottles of water throughout the day to advertise the week's upcoming activities and a health fair scheduled for the last day of Active Aging Week.

Motivational contests and giveaways

While a contest or giveaway may not be the principal reason why a person is attracted to an Active Aging Week event, it does add fun and excitement. In addition, as one host mentioned, a giveaway or reward is a more enduring reminder of the advantages of activity.

Centres for Seniors Windsor (Ontario) held an open house for the week, reported Janelle Way, and everyone who finished the tour received a complimentary pedometer and magnetic calendar to keep track of the steps they take. During Active Aging Week, people were able to participate in most recreational pro-

grams for free. "It was a great way to promote our center and its activities," Janelle commented. Of the 55 people who took the tour, 39 became members.

At Lakeview Health & Wellness Center in Rice Lake, Wisconsin, active aging kits were used to promote the event. Alisa Lammers explained that the kits included "coupons to local health and fitness stores, walking logs, program/class announcements, exercise handouts, magnets, chapsticks, etc." These kits were distributed throughout September. "We coordinated with local stores who offer senior discount days," continued Lammers, adding that these stores "handed out an Active Aging kit with each senior transaction." Lakeview also distributed the kits "at the local senior center on the days that we check blood pressures (normally once per month). They were also available in the cafeteria at our hospital during Active Aging Week."

A similar approach was used by Jan Capen at Gold's Gym in Harrisburg,

Pennsylvania, where businesses such as restaurants, grocery stores and gas stations provided gift cards in exchange for in-house advertising prior to and during Active Aging Week. With every visit to the club during that week, each member completed a ticket to win a prize.

The West Alabama Area Agency on Aging's first annual Active Aging Fitness Walk was held at a park in Tuscaloosa. All of the attendees (more than 100 in total) received a button, which was manufactured at the local Veterans Administration print shop using the



Active Aging Week logo. Each person was awarded a ribbon according to how long they walked, said Melanie Miall Allen. "If a senior walked a mile, they got a gold ribbon attached to their button; if they walked half a mile, silver; and less than half a mile, bronze." The ribbons tied in with two guest speakers, a mother and son, who between them had over 20 Gold, Silver and Bronze medals from the Senior Olympics.

Participants at the Tuscaloosa walk also received a sun visor plus a goodie bag with a custom water bottle and coupons, information, and a healthy trail mix. The host provided a free, healthy lunch, gave away door prizes and infused the spirit of active aging when everyone attending did the chicken dance.

A lobster dinner was the prize for the residents with the highest pedometer readings at Chateau de Champlain in Saint

John, New Brunswick, advised Jeannie Quinn. Dave and Hope Brown, both in their 80s, enjoyed the dinner because of their excellent record of walking 89,000 steps and 87,000 steps respectively during the week.

The most exciting part of Active Aging Week at the Atrium in Gainesville, Florida, was the shoes on the balconies. Residents were awarded a paper shoe, cut out and colored by residents, according to how many steps they completed each day. Residents' names were added before the shoes were hung on the balcony of the floors where they lived, and by the end of the week, half of the balconies were covered with shoes. Those with the most steps were treated to a pizza party in the private dining room.

In addition to daily drawings for residents who walked or participated in an exercise class, Creekside Terrace in Winston-Salem, North Carolina, treated dog owners to a Pet Walk program. Dogs received a doggie treat for getting their owners walking.

Lessons learned

After the week's events, hosts took the time to review the planning, publicity and events that worked well. It was also the time to consider what could be done differently next year. Each week is individual to the host site and influenced by the population they serve. Still, there are lessons learned that can benefit many organizations.

Start earlier. Many organizers echoed this lesson. "If I were to do anything different next year, I will start promoting and organizing earlier," observed Lakeview's Alisa Lammers. "We started in early August, but that was not early enough."

Angie Dunlap at the Area Agency on Aging of Northwest Arkansas pointed out that the 21 seniors centers that hosted Active Aging Week would have benefited from more advanced notice to rearrange their schedules. Despite less time, the centers reported good atten-

Continued on page 54



Active Aging Week 2007: Choose an active life

Continued from page 53

dance from regular clients, and five centers attracted new visitors during the week.

Two communities that are part of a large organization did not receive the media coverage they expected because the corporate publicity department was delayed in sending out the press releases. The lesson learned was to start earlier to get through a larger organization's administration.

Time of day and time frames. Holding all activities at one o'clock in the afternoon seemed to build attendance in Oshkosh, Wisconsin, said Jennafer Rutta. And in Buncombe County, North Carolina, a short time duration (9 a.m.–12 noon) along with interactive activities contributed to a kickoff event that “was well attended and full of good energy,” felt Rebecca Chaplin.

In an area where multiple locations offer Active Aging Week events, Chaplin advised trying to avoid having more than one activity at the same time.

Plan an appropriate scale. Too many events can reduce attendance in some cases, felt organizers, who noted that too many choices may mean fewer people will attend each one. Numerous events also place a burden on the organizer. Several people used a planning committee to help spread the workload.

Weather affects events. Beautiful weather, hot and humid weather, and bad weather were all credited with affecting attendance. Unexpectedly beautiful weather may have attracted people away from a health fair, and hot and humid weather along with rain affected the number of people at outdoor walks. While organizers can't predict the weather, options for locations and timing can help keep events moving as planned.

Seek new partners. Now is a good time to sit down and consider who in your

area may be a good sponsor, exhibitor or presenter for Active Aging Week 2008. Outreach to other organizations takes time on both parts. Several hosts said they were already thinking of who they can partner with to promote next year's events.

Be sensitive to how many “outsiders” participate. Residents of a retirement community may not feel comfortable with too many outsiders, noted Lisa Cassidy of Prince George Chateau, Prince George, British Columbia. “The public was definitely invited to attend and they did, but we kept it low key. I have found in the past that when there is a lot of outside traffic coming into a facility like this ... the residents do not come out and participate, as they feel there is no room for them.”

Celebrating success

The closing ceremonies for Active Aging Week were hallmarked with fun, food and recognition. Communities offered graduation ceremonies, distributed certificates of participation, and recognized successes. Food and drink were popular accompaniments. The Johnson County Park & Recreation District in Roeland Park, Kansas, ended the week with an Afternoon Tea Dance & Chocolate Chip Cookie Contest, according to Michelle Alexander. The event was highlighted by a five year-old judging the cookie contest.

Is planning and hosting Active Aging Week events worth the effort? Listen to the voices of a few hosts.

“I had a resident who is on oxygen and she walked around the building for the first time since she moved in! What an accomplishment! There were many residents who discovered so many great things about themselves, met new friends, became inspired, and I now see many new faces at our regular activities. My fitness classes here have doubled in attendance, and they are asking me to

teach more often. It is all of these things that made all the work worthwhile.” Lisa Cassidy, Prince George Chateau, Prince George, British Columbia

“This whole week was such a wonderful experience. We knew that it was a hit when folks at the dance kept telling us not to wait a whole year to do it again!” Jo Halstead, Cayuga County, New York

“For us, it was exciting to share with our older adults exercise opportunities outside the gym. They were surprised by how much they could do ... [they] walked the three miles and wanted more! They seemed to enjoy the socialization from all the activities. I feel it helped to create an ‘I can’ attitude and brought to light the importance of the active, healthier lifestyles they have chosen!” Jan Capen, Gold's Gym, Harrisburg, Pennsylvania

Noting that “all the events were well attended,” Brenda Jurich of Rockwood Retirement Community in Spokane, Washington, summed up the week as follows: “the greatest accomplishment or success is when you see an older adult at one of the activities who you thought would be the last person there because of their limitations or health challenges. That means that you have created an environment in that retirement community that says, ‘No matter what, do not give up!’”

ICAA thanks all Active Aging Week 2007 host sites for participating in this year's initiative and congratulates them on their efforts to help older adults choose an active life. Organizations that plan to host Active Aging Week 2008 events may want to mark the dates September 22–28 on their calendars. Helpful resources and materials are available at www.icaa.cc, and will be updated during the year.

For a list of “Active Aging Week events,” turn to pages 56–57. And continue on to page 58 for a “Key to Active Aging Week photos.”

Arts and performance

- acrylic painting
- demonstration of the Bob Ross Art Method, with residents painting and displaying their work
- hobby and craft classes
- resident art show
- resident talent show
- theater group performance

Cognitive and mental health

- Brain Aerobics, Mind Your Mind, Trivia Plus
- brain aerobics: Newton and the law of gravity
- Brain Exercises and Intellectual Games: Name that Tune, reminiscing games, and word games
- Maintain Your Brain
- memory and trivia games, brain teasers and puzzles
- mental health guest speaker
- 10 exercises for your brain
- trivia contest

Dance

- dance at pavilion on lake
- Dance Your Way to Health
- Harvest Hop
- international folk dancing
- line dancing
- Senior Prom

Fitness testing

- Fitness assessments
- Senior Fitness Test

Free access to existing program

- fitness center grand opening (with appointment for physical therapy and occupational therapy screenings)
- free access to computer lab managed by retirees
- free evening of refreshments, tours, and education at wellness center
- free group fitness classes

- free tennis lesson and court time
- free use of exercise room or wellness/fitness center
- open house all week with tour and free participation in classes

Games

- bean bag baseball
- billiards tournament
- miniature golf
- Senior Olympics Games
- Up & Active Games: balloon volleyball, basketball, golf, soccer
- using the Nintendo Wii

Health education

Healthy living topics were offered as lectures, longer workshops and discussions. Many were presented by guest speakers.

- arthritis: arthritis and exercise, arthritis lecture with a rheumatologist and an orthopedic surgeon, arthritis self-management
- astrology and health
- back injuries and prevention
- benefits of exercise for arthritis, blood pressure and osteoporosis
- benefits of exercise for different health issues
- cane and walker evaluation
- dental care
- diabetes: about diabetes, shoe clinic and fitting for people with diabetes, Living Healthy With Diabetes
- discussion on interaction of aging and mental perception
- falls: Exercising to Prevent Falls, fall prevention seminar, minimize injuries from falls
- foot health
- hydration/dehydration
- injury prevention tips
- It's Never too Late to Start!
- Keeping Feet Healthy Q&A
- managing everyday stress
- medications
- mental health

- methods of pain management, importance of exercise for pain relief
- motivational speaker: Exploring Your Talents
- Myths of Aging
- nutrition, activity and aging
- Parkinson's disease
- pet therapy
- physical effects of aging, inactivity and aging, and the right amount and types of exercise for older adults
- post-cardiac rehabilitation
- posture
- presentation about hospice
- presentation from scooter store
- presentations on tai chi, Alexander Technique and Creative Movement
- reflexology sessions
- safety: personal safety, Safe Strides (safe walking), Senior Self Defense (staying safe with your cane)
- shoulder injuries among golfers plus golf conditioning workshop
- 10 Ways to Age Successfully!
- walking information and clinic

Health fairs

A health fair was regularly used by host sites to kick off the week's activities.

- Active Aging Day at mall: dietitian, fitness experts, gait assessments, medication assessments
- diabetes health fair
- health fairs with multiple vendors displaying products and services
- Heart Expo

Healthy eating and food

- Apple Tasting Festival: eight local varieties of apples sliced to taste with dips (yogurt dip, fruit dip, natural peanut butter, sugar-free caramel and chocolate)
- healthy foods demonstration
- lectures on healthy foods and weight loss

W e e k e v e n t s

- smoothie bar
- Tea Party: samples of cookies and Welsh cakes, tea etiquette, classical music and opera selections, Tea Party Bingo for prizes

Humor

- Laughter Yoga
- The Positive Power of Humor
- program on laughter

Massage

- chair massage
- hand and back massages, with self-massagers given away
- massages

Miscellaneous

- Alaska travel log presentation by resident
- Birthday Club (people born in September)
- balloon release with wishes and prayers inside, balloon release with health tips inside
- coffee and conversation
- college course information
- cooking classes
- fashion show by local clothing store
- information about hiking, Elderhostel
- information on recycling and composting
- meditation
- sewing classes
- spiritual program with piano
- walker and wheelchair decorating contest
- walker and wheelchair decorating followed by an outdoor and indoor parade

Music

- concert by New Horizons Band (musicians ages 50 and older)
- Drums Alive
- hand bells choir
- various music programs

Physical activity

Physical activity was presented in three ways: as a demonstration, as short "samplers" where older adults could try just a bit of the activity, and as a complete class or session.

- Arthritis Association exercise class, aquatic arthritis class
- balance
- before-lunch and predinner exercise to Oldies music
- chair aerobics, chair dancing classes
- complementary and alternative medicine samples: acupuncture, aromatherapy, massage therapy, reflexology
- dance exercise
- Drums Alive class
- exercise demonstrations and classes
- Feeling Fit exercise class
- group exercise
- Mind, Body and Soul Day: demonstrations of pilates, yoga and tai chi
- Olympic Circuit (exercise class)
- PEPPi (Peer Exercise Program Promotes Independence) class
- posture and core stability
- qigong
- SilverSneakers
- simple exercises
- Spin-a-thon benefit for instructor with cancer
- stability ball
- stretching and flexibility class
- Strong Women exercise classes
- Swim Fit class
- tai chi, tai chi for arthritis
- yai chi
- yoga, intro to yoga, Silver Age Yoga

Screenings

- blood pressure screenings
- eye exams
- health screenings
- posture check

Walking and hiking

- dog walk
- easy 20-minute walk
- fitness trail: fun and challenging activities to improve balance, agility, strength, flexibility and coordination
- Greenbelt Walk-A-Thon (three miles around community)
- hike and picnic at lake
- hikes: along rivers, through nature preserves and watersheds
- indoor walking around tracks and in malls
- longer walks: three miles along lake
- mall walk with live piano music
- Memory Walk
- noon-hour walk along community walking trail
- Nordic walking workshop
- poker walk (received poker chips or playing cards at intervals, poker hands win prizes)
- Roll and Stroll at mall
- scavenger hunt walk, treasure hunt walk
- scenic walk along bridge and trail
- stroll through The Five Senses Garden (part of a recreational trail)
- Ten Toe Express
- treadmill walking
- Walk Around the World: received flag of a country for each lap around community
- Walk for Wellness around the campus
- walk to find the Loch Ness Monster with prize for first spotting
- Walking Wellness at botanical garden with picnic lunch
- water walking

Active Aging Week 2007: Choose an active life

Continued from page 54

Key to Active Aging Week photos

Picture 1

Active Aging Week T-shirts were donated by Gold's Gym in Harrisburg, Pennsylvania, before the SilverSneakers class and friends were off on a three-mile walk.

Picture 2

Residents followed the band, showing off their decorated walkers and wheelchairs, at Pearl Crossing Retirement Community in Strongsville, Ohio.

Picture 3

Balance exercises and tai chi were part of the outdoor health fair in San Diego, California, that also featured seated ball tosses, seated yoga, and lunch.

Picture 4

Colonial Harbor residents gave away bottles of water sporting the Colonial Harbor sticker while they walked along the Yorktown, Virginia, Riverwalk. Note the custom T-shirts that say "We are..." on the front and "Active Seniors On The Move" on the back.

Picture 5

Learning to use their Nordic walking poles, residents at Rockwood Retirement Community in Spokane, Washington, tested out the terrain.

Picture 6

At Royal Oaks Lifecare Community in Sun City, Arizona, lectures on arthritis, mobility devices and personal safety balanced out a week of fitness classes and hiking.

Picture 7

All types of dance were enjoyed by novice and accomplished dancers at the

Active Aging Collaborative's Harvest Hop in El Paso, Texas.

Picture 8

Residents at the Atrium in Gainesville, Florida, hosted children ages three and four years-old from the Step By Step Learning Center with a Scavenger Hunt/Nature Walk. Stations featured titles such as "Find a Rock and Give it a Name!" and "Find a Beautiful Flower."

Picture 9

Local malls were walking destinations for residents of Hilltop Estates in Redding, California, who also walked along river trails. One mall walk included a small health fair with free vision screenings.

Picture 10

Attendees at the West Alabama Area Agency on Aging's walk in Tuscaloosa showed off the Active Aging Week buttons and ribbons they received for distance walked.

Picture 11

Paper shoes were cut and colored by residents at the Atrium in Gainesville, Florida, who kept active trying to keep up with the many steps taken during the week. The shoes were displayed in a visually dramatic decoration of balconies.

Picture 12

Dance contest semifinalists strutted their stuff at the Active Aging Collaborative of El Paso's Harvest Hop.

Picture 13

In Chicago, residents enjoyed the day because of the Department of Aging's bus transportation to the big event. Classes were followed by lunch and line dancing.

Picture 14

Many organizations, including Royal Oaks Lifecare Community in Sun City, Arizona, hosted demonstrations that enabled older adults to see an activity before deciding whether or not to try it.

Picture 15

Walkers and wheelchairs were a colorful show when decorated for community walks. One resident at Pearl Crossing Retirement Community in Strongsville, Ohio, also sported her Red Hat.

Picture 16

Residents who had never painted before produced art by learning the method at Prince George Chateau in Prince George, British Columbia.

Picture 17

Rounding out a week that included hallway bowling, line dancing and walking, Quincy Place in Denver, Colorado, offered a Laugh Yoga class.

Picture 18

Music moved the musicians and their listeners at a performance of the New Horizons Band organized by Johnson County Park & Recreation District in Roeland Park, Kansas.

Picture 19

Residents at Bethel Park Retirement Community in Bethel Park, Pennsylvania, were treated to a performance by the high school marching band, which they then followed around the community for a Walk Around the World.