



NEWS RELEASE

September 16, 2014

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Active Aging Week

Community members 50 years and up are invited to participate in a variety of free activities from September 21 – 27 in celebration of Active Aging Week.

Each day will offer a different activity and adults can participate in as many as they like. Participants will receive a stamp in their Adventure Passport and a raffle ticket for every completed activity. Adventure Passports are available at the Elwin Mussell Senior Center (510 East Park Avenue). The raffle will be held on September, 27 at 3:00 p.m. at the Santa Maria Lawn Bowling Club (420 South McClelland Street).

Active Aging Week is sponsored by the City of Santa Maria Recreation and Parks Department, PLAY, Inc., San Luis Sports Therapy, Luis Oasis Senior Center, Dignity Health, CHC, Santa Maria Lawn Bowling Club, Area Agency on Aging, and Santa Maria Valley Senior Club.

Schedule of the Week's Activities:

Sunday, September 21

- Senior Dance, Elwin Mussell Senior Center, 1:30 – 4:00 p.m.

Monday, September 22

- Gym Workout, Abel Maldonado Community Youth Center, drop-in 5:00 a.m. – 1:30 p.m.
- Swinging Seniors Softball, Hagerman Sports Complex, 11:00 a.m. – 1:00 p.m.

Tuesday, September 23

- Strength Training Class, Elwin Mussell Senior Center, 9:00 – 10:00 a.m.
- Baseline Fitness Testing, San Luis Sports Therapy of Orcutt, drop-in 9:00 a.m. – 4:00 p.m. (reservations are encouraged 938-5320)
- Yoga, Elwin Mussell Senior Center, 10:00 – 11:00 a.m.

Wednesday, September 24

- Blood Pressure and Glucose Screening, Elwin Mussell Senior Center, 9:00 – 11:00 a.m.



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- Conductorcise Class, Elwin Mussell Senior Center, 9:00 – 10:00 a.m.
- Knit, Chat & Crochet, Elwin Mussell Senior Center, 1:00 – 3:00 p.m.

Thursday, September 25

- Baseline Fitness Testing, San Luis Sports Therapy of Orcutt, drop-in 9:00 a.m. – 4:00 p.m. (reservations are encouraged 938-5320)
- Strength Training Class, Elwin Mussell Senior Center, 9:00 – 10:00 a.m.
- Laughter Yoga, Elwin Mussell Senior Center, 10:45 – 11:30 a.m.
- Qigong Class, Elwin Mussell Senior Center, 10:00 – 11:00 a.m.
- Swinging Seniors Softball, Hagerman Sports Complex, 11:00 a.m. – 1:00 p.m.
- Feldenkrais Movement, Luis Oasis Center, 2:00 – 3:00 p.m.
- Writers Exposé, Luis Oasis Center, 3:00 – 4:00 p.m.

Friday, September 26

- Seminar Series – Understanding Medicare, Elwin Mussell Senior Center, 11:00 a.m. – noon
- Intergenerational Bingo, Elwin Mussell Senior Center, 5:00 – 7:00 p.m.

Saturday, September 27

- Walk to End Alzheimer's, Waller Park, 8:00 a.m.
- Lawn Bowling Lesson, Santa Maria Lawn Bowling Club, 1:00 – 3:00 p.m.

Questions may be directed to the Recreation and Parks Department, 925-0951 ext. 260.

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