

NEWS RELEASE

Waterford on South Hill



FOR IMMEDIATE RELEASE

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Active Aging Week activities planned at Waterford

SPOKANE, Wash. – Waterford on South Hill will hold a week-long series of health-focused events during Active Aging Week, Sept. 20 – 24. “Be Active Your Way” is the theme, and all activities will be held at Waterford, 2929 S. Waterford Drive in Spokane. There is no charge for the events, and all are open to the public.

“We created these events to help motivate people to incorporate healthy activities into their daily life,” says Waterford Director of Health and Fitness Lori McCormick, PT. “Additionally, the Senior Fitness Testing can be a useful tool for people to use in assessing their current fitness levels.”

Be Active Your Way activities

Active Aging Week kicks off with the opportunity to try out some exercise classes. In the middle of the week, a morning offers Fall Recovery demonstrations, and an afternoon is devoted to fitness screenings and a presentation. The week caps off with a walk on the first day of fall.

Monday, Sept. 20

~ 9 a.m.: Strengthening

Tuesday, Sept. 21

~ 8 a.m.: A Cup of Tai Chi
~ 9:30 a.m.: Balance Fitness
~ 10:30 a.m.: Posture & Balance

Wednesday, Sept. 22

~ 9:30 and 10:30 a.m.: Fall Recovery Training Demonstrations
~ 1 and 3 p.m.: Senior Fitness Testing
~ 2 p.m.: *There is Hope for Dizziness and Maintaining Balance*, presented by Physical Therapist Valerie Wang of St. Luke’s Rehabilitation Institute

Thursday, Sept. 23

~ 8 a.m.: A Cup of Tai Chi
~ 9:30 a.m.: Aerobic and Strengthening

Friday, Sept. 24

~ 9 a.m.: Walking on the Centennial Trail
~ 10:30 a.m.: Posture & Balance

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For more information about the Be Active Your Way activities, please contact Life Enrichment/Wellness Director Betty Doerschlag at (509) 536-2929.

Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the U.S. and is designed to promote healthy and active lifestyles.

Waterford offers a wide range of homes and lifestyle options, including home health and home care services. The full-service retirement community sits on 19 acres at 29th Avenue and Pittsburg Street. Waterford on South Hill is part of Touchmark—a company that has been serving the needs of older adults and families for 30 years. For more information, visit WaterfordSpokane.com.

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