



FOR IMMEDIATE RELEASE

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For more information/interviews:

Amy Miller

701-323-7000

AMM@Touchmark.com

Touchmark invites public to attend events for Active Aging Week

BISMARCK, N.D. – Touchmark on West Century encourages adults to “Live Your Adventure” and attend events during Active Aging Week, the annual health promotion event organized by the International Council on Active Aging (ICAA). The weeklong celebration is held each year at the end of September throughout Canada and the U.S. to promote healthy and active lifestyles.

All events are open to the public and will be held at 1000 West Century Avenue. There is no charge for any of the activities or classes:

- **Monday and Tuesday, Sept. 28 and 29:** Indoor triathlon includes biking, swimming and running (on treadmill) at Touchmark Health & Fitness Club. Prizes will be awarded to the top finishers in three age categories, which will be determined by the average age of participants in each group. Call 701-355-1280 to enter.
- **Monday Sept. 28, 9 a.m. – noon:** Digital Scan Day. Touchmark is partnering with Burleigh County Library and the North Dakota State Library to encourage residents to help build online resources. Call 701-323-7000 to schedule 30 minutes to scan up to 15 items pertaining to local history such as floods, pioneers, leaders, politicians, etc. Participants will receive a flash drive of their scanned items. (Not all items may be chosen to appear on Digital Horizons.)
- **Tuesday, Sept. 29, 8:45 a.m.:** Water Volleyball Tournament. Need 4-6 people per team. T-shirts awarded to the top team. Bracket-style play will be used. Call 701-355-1280 to enter a team.
- **Tuesday, Sept. 29, 2 p.m.:** Healthy aging presentation by Terry Eckmann, Ph.D., professor at Minot State University and advisory board member for the ICAA recognized for her expertise on health/fitness/wellness.
- **Thursday, Oct. 1, 9 a.m. – noon:** Senior Fitness Testing at Touchmark Health & Fitness Club. This series of standardized physical fitness tests for people ages 60-plus measures strength, flexibility, balance and agility, body mass and cardiovascular fitness. Blood pressure and heart rate testing will also be available. Screenings are on a first-come, first-served basis.

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- **Thursday, Oct. 1:** Start of new series called Touchmark Talks. Each presentation lasts about 30 minutes:
 - 2 p.m.—Recycling and Waste Management
 - 2:30 p.m.—Qigong Benefits
 - 3 p.m.—ServeYES Volunteering OptionsHealthy snacks and refreshments follow the talks.

For complete details or questions, call Touchmark Life Enrichment Director Amy Miller at 701-323-7000.

About Touchmark

A full-service retirement community, Touchmark on West Century offers a range of homes and lifestyle options for people 55-plus years. An on-site health and fitness club is open to anyone over 40 and features a variety of fitness options. For more information, visit Touchmark.com.

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