

NEWS RELEASE



FOR IMMEDIATE RELEASE

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Touchmark plans full week of events for Active Aging Week

FARGO, N.D. – Active Aging Week (Sept. 27 - Oct. 2) celebrates the fact that adults over 50 can live as fully as possible in all areas of life, regardless of age or health conditions. This year, Touchmark at Harwood Groves has planned a full week of classes, events, guest speakers and fitness activities, and the public is invited to attend at no charge.

“Active Aging Week encourages adults to live fully by practicing seven areas of wellness – physical, social, spiritual, emotional, intellectual, vocational and environmental,” said Anne-Marie Fitz, Touchmark Life Enrichment/Wellness director. “Our weeklong celebration encompasses all of these, and we encourage people to sample the full spectrum of wellness.”

Unless stated otherwise, all events will take place at Touchmark at Harwood Groves, 1200 Harwood Drive S, Fargo. The week’s events include:

Sunday, Sept. 27 – Walk to End Alzheimer’s

1 p.m. – Join the Touchmark team at the Scheels Arena to walk in support of local Alzheimer’s care and research. Call Anne-Marie at 701-476-1200 to join the Touchmark team.

Monday, Sept. 28 - Friday, Oct. 2 – “Live Your Adventure” Coffee Time

10 a.m. – Enjoy freshly brewed coffee and listen to a mystery guest (community leader) share his/her story about aging actively. (No guest Thursday, Oct. 1.)

Tuesday, Sept. 29 – Interfaith panel: “Your Spiritual Adventure”

6:30 p.m. – Join four leaders of different faiths from the Fargo-Moorhead area for a discussion about faith and aging.

Wednesday, Sept. 30 – Fitness and Balance Testing

9 - 11 a.m. – Stop by for two screenings. The Senior Fitness Test is a series of standardized physical fitness tests, which measure strength, flexibility, balance and agility. The Balance Master® is advanced equipment that applies interactive computer technology to identify and evaluate balance and movement patterns. The assessments can help evaluate current fitness levels and make necessary changes.

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TOUCHMARK AT HARWOOD GROVES
Full-service Retirement Community
1200 Harwood Drive S • Fargo, ND 58104
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Wednesday, Sept. 30 – Spa Day

2 - 4 p.m. – Indulge in relaxation and enhance emotional well-being with hand massages, simple manicures and more. Please RSVP by calling 701-476-1200.

Thursday, Oct. 1 – Seated Yoga

2 p.m. – Enjoy a relaxing seated yoga class led by Touchmark Health & Fitness Club instructor Monica Sunderland.

Friday, Oct 2 – Wrap-up Party

2 p.m. – Celebrate the week's adventures with the Active Aging Week wrap-up party featuring special entertainment not to be missed.

To learn more about Active Aging Week or RSVP, call 701-476-1200.

About Active Aging Week

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 week of September throughout Canada and the United States and is designed to promote healthy and active lifestyles. icaa.cc/aaw.htm

About Touchmark

Touchmark at Harwood Groves offers people 55-plus years a full life. There is a wide range of homes and lifestyle options as well as an on-site health and fitness club, which is open to anyone over 40. For more information, visit Touchmark.com.

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