

# NEWS RELEASE



FOR IMMEDIATE RELEASE

Sept. 23, 2015

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## **“Live Your Adventure” — celebrate Active Aging Week**

Edmonton, Alberta – The public is invited to take part in a variety of fun and healthy events during Active Aging Week. The activities run Monday, Sept. 28 through Friday, Oct. 2.

“It’s important to live life doing what you love to do,” says Motocross racer Steen Hansen, a resident of Touchmark at Wedgewood retirement community. “I feel active and alive, and I’d advise anyone to find a hobby that makes you happy.”

There is no charge for the weeklong events, which will be held at Touchmark, 18333 Lessard Road NW. Call 780-577-5000 to RSVP or for more information.

### **Monday, Sept. 28 at 2:30 p.m.**

**Mad for Motorcross – Active Aging Week kickoff.** The Vintage MX Motorcycle Club will display vintage motorcycles and share racing stories. Steen Hansen is the group’s president and oldest member at 78 years old — and is a resident at Touchmark.

### **Wednesday, Sept. 30 at 10 a.m.**

**Fitness Testing.** Kevin Thomson is an exercise specialist from West End Primary Care Network who will be on hand to test muscle endurance and strength in a variety of categories.

### **Thursday, Oct. 1, 10 a.m.**

**Chair Yoga.** Fitness instructor Violet Lavoie will lead a class focusing on stretches anyone can do while seated.

### **Friday, Oct. 2 at 2:30 p.m.**

**Active Aging Games.** A variety of games and activities will be available including golf chipping, croquet, lawn bowling and a beanbag toss.

“This week is meant to celebrate the benefits of leading an active, healthier lifestyle that includes various aspects of wellness,” says Life Enrichment/Wellness Director Joan Drake.

### **About Active Aging Week**

Active Aging Week is the annual health promotion event organized by the International  
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TOUCHMARK AT WEDGEWOOD  
*Full-service Retirement Community*  
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Council on Active Aging®. The event is held each year during the last week of September throughout Canada and the U.S. and is designed to promote healthy and active lifestyles.

**About Touchmark at Wedgewood**

A full-service retirement community, Touchmark at Wedgewood offers people 55-plus years a wide range of homes and lifestyle options. For more information, visit [TouchmarkEdmonton.com](http://TouchmarkEdmonton.com).

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