

NEWS RELEASE



For immediate release

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Aging celebrated during 'Active Aging Week' at Touchmark on South Hill

SPOKANE, Wash. — Touchmark on South Hill has set aside the week of September 24 to share with the Spokane community that aging and being active can go hand-in-hand in leading the full life.

Below are highlights of some of the week's plans that include visually interesting and participatory activities Touchmark has invited the public to attend:

Featured Guest Speaker Runner Gerry Rosen

Gerry Rosen didn't start running marathons until the age of 56. Now 78, Rosen will talk about his personal running path to fitness, as he inspires others to get moving.

Wednesday, September 26

1:30 p.m. at Touchmark South Hill

Tai Chi in Manito Park

Touchmark Fitness Specialist Lori McCormick leads a public tai chi class for ages 55+ in beautiful Manito Park.

Thursday, September 27

10:30 a.m.; near the intersection of Manito Place and Manito Blvd.

Petting Zoo

Cute, furry friends will be on hand to interact with the Touchmark community and guests.

Thursday September 27

1:30 - 2:15 p.m.

Senior Fitness Testing

Occupational Therapy Assistant students from Spokane Falls Community College will assist in assessing senior fitness levels, through a series of simple physical tests.

Friday, September 28

1:30 p.m. and 3 p.m. time slots at Touchmark on South Hill

There is no charge. Individuals interested in participating are encouraged to call 509-536-2929 to RSVP.

About Touchmark on South Hill

A full-service, award-winning retirement community, Touchmark on South Hill offers a range of homes and lifestyles. More information is available at Touchmark.com.

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TOUCHMARK ON SOUTH HILL
Full-service Retirement Community
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