

ACTIVE AGING WEEK

EVENTS SCHEDULE



Monday

September 30th

8:00 am
Sunrise Service
with Pastor Freda

12pm - 2pm
Scholl
Meet & Greet
with Colin Milner
and ASPIRE
Wellness Kickoff
Tailgate Party

Tuesday

October 1st

10:00 am
Scholl
Drum Circle
with Sam

1:00 pm
Scholl
Speaker Colin
Milner - CEO of
the ICAA and
Founder of Active
Aging Week

Wednesday

October 2nd

10am - 12pm
Scholl
Abundant Life
Men's Fellowship
Chili Sale

2:30 pm
Aerobics Room
Stay Steady:
Fall Prevention
Essentials for
Seniors

Thursday

October 3rd

11am - 12pm
Scholl
Poetry Reading

2:00 pm
Scholl
Opera with
John Paul Huckle

Friday

October 4th

1pm - 4pm
**Hartmann's
Golf Course**
ASPIRE
Wellness
Fitness Center
Golf Outing
(dinner in
Fitness Center
to follow)

****All regularly occurring ASPIRE Wellness programs will continue during scheduled time****

****Register to participate in 2 events by September 6th and get a FREE TSHIRT!****