

Radnor Recreation & Community Programming Department

WAYNE SENIOR CENTER OPEN HOUSE

2013 Active Aging Celebration

Thursday, September 26th, 2013

10:00 am to 2:00 pm



ACTIVE AGING WEEK

- ▶ **Radnor Township and the Wayne Senior Center partnered for an open house at the Wayne Senior Center in celebration of Active Aging Week 2013!**
- ▶ **Active Aging Week is a national observance that showcases the healthy choices and diverse opportunities available to older adults in a fun and educational atmosphere.**
- ▶ **The week was initiated by the International Council of Active Aging to give older adults the means to experience activities and exercise in a safe, friendly, and fun atmosphere.**

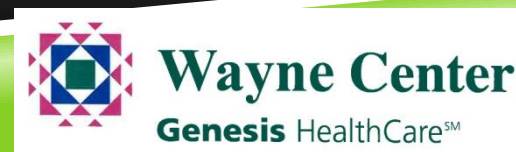
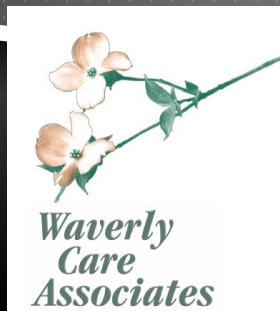


EVENTS

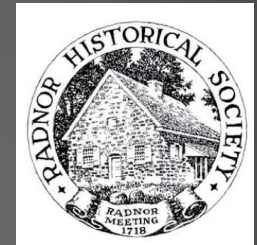
- ▶ **The day's schedule was packed! Free screenings were offered all day, including measuring bone density, hearing, vision, and blood pressure.**
- ▶ **AAA offered Car Fit Assessments, a 12-point checklist to help older drivers determine how well their vehicles "fit" them.**
- ▶ **Caricature portraits were drawn and dress-up pictures were taken.**
- ▶ **A free cookout lunch with hamburgers and hotdogs, right off the grill, along with side salads were offered at lunch hour.**
- ▶ **There was live entertainment, dancing, and more!**



THANK YOU TO OUR FRIENDS AND SPONSORS!



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Susan Amsterdam, Psychologist, Family Therapist
Sinclair Ophthalmology
Home Instead Senior Care



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IN 2014!

