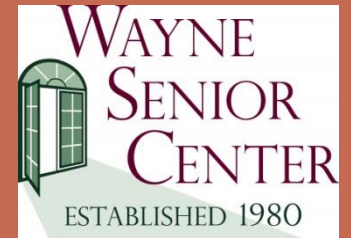


WAYNE SENIOR CENTER OPEN HOUSE

2014 Active Aging Celebration

Tuesday, September 23, 2014

10:00 am to 2:00 pm



ACTIVE AGING WEEK

- **The Wayne Senior Center and Radnor Township partnered for an open house at the Wayne Senior Center in celebration of Active Aging Week 2014!**
- **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!

Wayne Senior Center Open House Schedule of Events

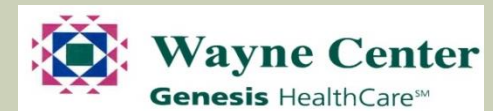
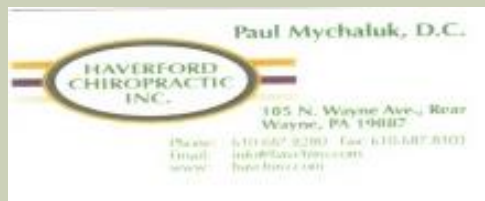
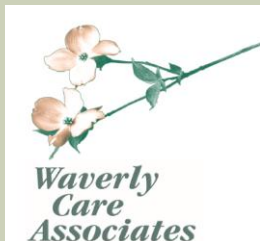
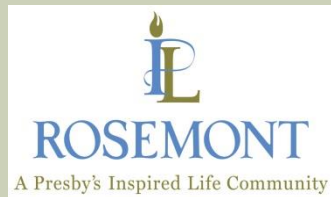
10:00 am to 10:45 am	FREE Chair Stand-up Exercise Class
10:00 am to Noon	FREE Hand Massages
10:00 am to 2:00 pm	FREE Hearing Screenings
10:00 am to 2:00 pm	FREE Stroke Screenings
10:00 am to 2:00 pm	FREE Vision Screenings
10:00 am to 2:00 pm	FREE Blood Pressure Screenings
10:00 am to 2:00 pm	FREE Aromatherapy
10:00 am to 2:00 pm	FREE Computer Problem Consultations
10:00 am to 2:00 pm	SEPTA Discount Cards
10:00 am to 2:00 pm	Sen. Leach's Staff Answers Your Questions
10:00 am to 2:00 pm	Learn About Scams and Fraud Schemes
10:00 am to 2:00 pm	FREE Chair Massages
11:00 am to 1:00 pm	Music and Dancing
11:00 am to 2:00 pm	FREE Balance Assessments
11:00 am to 1:30 pm	Strolling Magician
NOON	COOKOUT FREE LUNCH FOR ALL
1:00 pm to 2:00 pm	FREE Tai Chi Class
1:00 pm to 2:00 pm	FREE Line Dancing Class



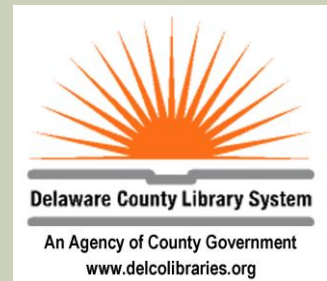
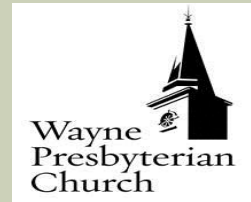
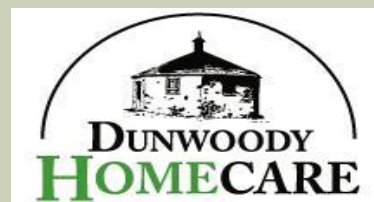
COMMISSIONERS CAME BY TO CELEBRATE!



THANK YOU TO OUR FRIENDS AND SPONSORS!



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Top Quality Home Repairs

Susan Amsterdam, Psychologist, Family Therapis
Elegance Bakery Hear Well Again Centers Making Strides Sen. Daylin Leach
Shapiro Rail Consulting Delaware County Health Literacy Coalition





**THANK YOU FOR
ATTENDING!**

SEE YOU IN 2015!

