

# WAYNE SENIOR CENTER OPEN HOUSE

## 2015 Active Aging Celebration

Tuesday, October 6, 2015

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 2015!**
- **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.**



# Schedule of Events

The day's schedule was filled with so many fun and exciting free activities for all to enjoy!

## Wayne Senior Center Open House Schedule of Events Tuesday, October 6, 2015

10:00 am to 10:45 am	FREE Chair Stand-up Exercise Class
10:00 am to Noon	FREE Reiki
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 Bone Scans
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	Free Manicures
10:00 am to 2:00 pm	Live Music/Lesson Demos—Bach to Rock
10:00 am to 2:00 pm	Game Room Open! Come Play Pool!
11:00 am to 1:00 pm	<b>Music and Dancing</b>
11:00 am to 1:00 pm	Balloon Artist
11:00 am to 2:00 pm	FREE Balance Assessments
<b>NOON</b>	<b>COOKOUT FREE LUNCH FOR ALL</b>
1:00 pm to 2:00 pm	FREE Tai Chi Class
1:00 pm to 2:00 pm	FREE Line Dancing Class



**THE RECREATION & COMMUNITY PROGRAMMING DEPARTMENT &  
PUBLIC WORKS DEPARTMENT MANNED THE GRILL TO PROVIDE  
BURGERS AND HOT DOGS...YUM!**



# TOWNSHIP COMMISSIONERS & TOWNSHIP EMPLOYEES FROM MANY DEPARTMENTS WERE THERE TO CELEBRATE!

The Active Aging event was a great opportunity for social interaction amongst the Township Employees and the Seniors of our community. It is truly an event that all look forward to year after year!



# THANK YOU FOR ATTENDING!

## SEE YOU IN 2016!

