

OCTOBER 2 - 8, 2022

ACTIVE AGING WEEK



MONDAY, OCTOBER 2

- **9-9:30am** - JPC Walking Group - Come walk with us! **FREE**
- **11:15am-12:15pm** - SilverSneakers Classic - **FREE** during Active Aging Week
- **2-3pm** - Healthy Living for Your Brain and Body: Learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Pre-registration required. **FREE!**

TUESDAY, OCTOBER 3

- **11am-12pm** - Silver&Fit Level 3 Excel - **FREE** during Active Aging Week
- **1:30-3:30pm** - Intro to Pickleball: Come experience the exciting game of pickleball, a paddle game with a plastic ball. Learn the basic rules, practice the basic shots, and play a game or two. Instructors will also explain where and how to find where you can play in the future. Wear comfortable/active clothes and athletic shoes. Please come and have some fun! Pre-registration required. **FREE!**

Pre-registration required for some events: TualatinOregon.gov

WEDNESDAY, OCTOBER 4

- **10-11am** - SilverSneakers Classic - **FREE** during Active Aging Week
- **2-3pm** - Intro to Tai Chi & QiGong: Want to improve your balance? Increase your concentration and focus? Feel calm and content? Learn Tai Chi & Qigong! This one-hour class will give you a taste of these wonderful arts that have lists of benefits. Plus, they are fun and make you feel good. Pre-registration required **FREE!**

THURSDAY, OCTOBER 5

- **11am-12pm** - Silver&Fit Level 3 Excel - **FREE** during Active Aging Week
- **9am-3:30pm** - Day Trekkers: Silver Falls Sate Park: Where else can you walk behind a waterfall? Check out the famous South Falls and see what a 177-foot curtain of water looks like from behind. Enjoy lunch in this standout scenic treasure. Please note: There are stairs involved and some parts of the trail may be slick. Distance: 3.2 miles. Elevation Gain: 400ft. \$40 res/\$50 non-res. Pre-registration required

FRIDAY, OCTOBER 6

- **10-11am** - SilverSneakers Classic - **FREE** during Active Aging Week

+ FULL WEEK EVENT: WALK THROUGH THE WEEK (OCTOBER 2-8)

Challenge yourself to see how long you can walk in a week! Record the number of minutes you walk between Oct. 2-8. Turn in your form by 5pm October 11 to be entered to win raffle prizes. Forms can be dropped off at the Pohl Center or emailed to sshepherd@tualatin.gov.

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WALK THROUGH THE WEEK CHALLENGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
minutes	minutes	minutes	minutes	minutes	minutes	minutes

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in your form by 5pm October 11 to be entered to win raffle
prizes. Forms can be dropped off at the Pohl Center or emailed to
sshepherd@tualatin.gov.**

FREE! PRE-REGISTRATION NOT REQUIRED