

SAVE THE DATES

October 6 -- October 10

ACTIVE AGING WEEK



Join the Waterman Village
Wellness Department and Committee
for **ACTIVE AGING WEEK**



Monday, October 6 - 9:30 AM Chapel

WV Dietician Amanda Kucker will talk about new medications (GLP-1) to manage weight and diabetes

Meet at 9 AM in the Chapel Courtyard for nutritious treats

Tuesday, October 7 - 8:30 AM

Walk For Alzheimer's around Lake Margaret

Meet behind LS Grand Pool

Wednesday, October 8 - 10:00 AM Chapel

TED Talks: Topics related to Active Aging

Thursday, October 9th

"Tee Up To Good Health" Golf Tournament
at Zellwood Station



Friday, October 10 8 AM -- 10 AM

Scavenger Hunt at the Oaks and Lakeside. Search for colored balls. You might win a prize!

"This weeklong campaign aims to celebrate and highlight the positive aspects of aging with activities that stimulate the mind, body, and soul."