

## Seniors in the spotlight for Active Aging Week

**By Brock Weir**

Aurorans of all ages got into gear this past Sunday for the launch of Activate Aurora, the effort to get Aurora on the map as Canada's most Active Community, but seniors come into the spotlight this Sunday with the start of Active Aging Week.

Established in 2003, Active Aging week starts this Sunday, September 25, running through Saturday October 1, and provides seniors with many opportunities and new ways to keep healthy and active.

"Active Aging Week celebrates the positivity of aging and promotes living well," said Ted Simpson of the Aurora Seniors' Centre and Club Aurora, the Town's fitness centre at the Aurora Family Leisure Complex, both of which are set to play prominent roles in Active Aging Week. "A national initiative led by the International Council of Active Aging, it showcases opportunities for older adults in a fun, welcoming atmosphere. The goal is to inspire individuals to try something new and hopefully adopt wellness focus in all areas of life."

According to Mr. Simpson, Active Aging week comes together to promote the benefits of a healthy lifestyle by giving older adults the opportunity to experience diverse activities and exercise in a "safe, friendly and fun atmosphere."

"I think we have all heard recent studies where 150 minutes a week of exercise could potentially add two years to one's life expectancy, so obviously there is great value to this," he said. "The vision of all individuals, it also promotes regardless of age, socio-economic status and health, fully engaging in life within seven dimensions of wellness: emotional, environmental, intellectual, cognitive, physical, professional, vocational, social and spiritual."

"The theme is very simple: Activation Week encourages participants to explore the different possibilities of fitness. Activation Week starts on Sunday, September 25 and runs until Saturday, October 1 and through Club Aurora, the Aurora Seniors' Centre, and the Aurora Seniors' Association have partnered together to bring free activities to our older adult community."

"A variety of fitness-related activities will be running throughout the week at the Aurora Family Leisure Complex and the Aurora Seniors' Centre. There is a multitude of different activities that are free of charge and we obviously encourage everyone to participate and live well."

A highlight of Active Aging week will be the Seniors Health Fair next Thursday hosted by the Town of Aurora at the Aurora Family Leisure Complex from 10 a.m. to 2 p.m. Promoting the event last week, Karie Papillon, a coordinator at the Aurora Seniors' Centre, said there will be no shortage of information to find and activities to enjoy.

"I am proud to say we are taking over almost the whole building with vendors, fitness demonstration, and thanks to Activate Aurora we have live entertainment, health seminars, pickle ball lessons," she said. "The first 400 people will receive a grab bag, healthy snack, and lots and lots of raffle prizes. Even with that, we couldn't do it alone. We have a lot of partners with this: Activate Aurora has stepped forward, the Aurora Seniors' Association, Club Aurora Fitness, the Older Adults Centres Association of Ontario, in association with the Ontario Senior Secretariat has actually provided us with some funding to put this together and, of course, the Town of Aurora."