

NEWS RELEASE



Touchmark at Wedgewood

FOR IMMEDIATE RELEASE

Sept. 8, 2009

For further information:
Brenda Edmonds
(780) 577-5000

Touchmark hosts Active Aging Week for community

Edmonton, Alberta — What do brain aerobics, laughter yoga and a walkathon have in common? All of these and more are part of the Active Aging Week events offered for Touchmark at Wedgewood residents and the entire Edmonton community.

The events kick off Monday, Sept. 21 and run through Friday, Sept. 25.

Active aging is defined as living life as fully as possible, according to the International Council on Active Aging, which started the annual event. Residents of Touchmark are offered an array of events to aid them in this mission not only during Active Aging Week but also throughout the year.

“We focus a great deal on promoting and supporting active aging,” says Brenda Edmonds, Life Enrichment/Wellness director for Touchmark. “As a result, I interact with residents who are happier, more social and have a wider assortment of friends. In planning Active Aging Week, we looked for activities that were fun, offered learning and promoted health and fitness.”

Touchmark residents as well as the entire community are invited to join the week’s events, which will be held at Touchmark at Wedgewood, 18333 Lessard Road.

On **Monday, Sept. 21**, people can exercise the body and mind with Rhythm & Moves at 10 a.m. and Laughter Yoga with University of Alberta Professor Billy Streat, Ph.D. at 2 p.m.

On **Tuesday, Sept. 22**, the community will hold a walkathon benefiting CNIB. People of all fitness levels are welcome to participate. Registration and opening remarks by CNIB Director of Development Harold Grace are at 10 am, and the walkathon begins at 10:30 am. The event will conclude with a complimentary barbecue.

On **Wednesday, Sept. 23**, people can strengthen their minds with a Brain Aerobics class at 10 a.m. and their reflexes at a Ping-Pong™ Tournament at 2 p.m.

On **Thursday, Sept. 24**, people can test their skills at Callingwood Bowling Lanes with Touchmark neighbours and Caleb Manor residents. Interested individuals must sign up by Monday, Sept. 21, as space is limited.

On **Friday, Sept. 25**, the public is invited to the Touchmark Visual Arts & Crafts Show from 1 to 4 p.m. The show will feature arts and crafts created by Touchmark residents.

For more information, people can call (780) 577-5000.

Active Aging Week is the annual health promotion event organized by the International Council on Active Aging. The event is held each year during the last full week of September throughout Canada and the US and is designed to promote healthy and active lifestyles.

Touchmark is a North American leader in planning, building and operating resort-style retirement communities for people ages 55-plus. Situated in a picturesque ravine setting, Touchmark at Wedgewood offers a range of homes and lifestyle options. Visit TouchmarkEdmonton.com for more information.

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