

## Recreation Penticton and PSDIC ready to host Active Aging Week

(Penticton, BC – September 26, 2019) – The City of Penticton’s Recreation department and the Penticton Seniors’ Drop-in Centre (PSDIC) are proud to host Active Aging Week October 1<sup>st</sup> through to the 7<sup>th</sup>, 2019.

“Active Aging Week helps to promote the benefits of a healthy lifestyle,” says Recreation Coordinator – Adults & Volunteers, Shaun Ironstone. “The goal of the week is to provide older adults with a diverse mix of activities and exercises in a safe, friendly and fun atmosphere.”

First initiated in 2003 by the International Council on Active Aging, the weeklong campaign calls attention to and wholeheartedly celebrates the positivity of aging today. It showcases the capabilities of older adults as fully participating members of society and spotlights the role models that lead the way.

Active Aging Week challenges society’s diminished expectations of aging by showing that, regardless of age or health conditions, adults over 50 can live as fully as possible in all areas of life. The objective of the annual health-promotion event is to give as many older adults as possible the means to experience wellness activities.

A full list of weeklong activities at both the Penticton Seniors’ Drop-in Centre and the Community Centre can be found at [www.penticton.ca/recreation](http://www.penticton.ca/recreation).

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### Contacts:

Shaun Ironstone  
Recreation Coordinator – Adults & Volunteers  
City of Penticton  
250-490-2575

Milena Marshall  
Marketing & Communications Specialist  
City of Penticton  
250-490-2445