

Will You Join Us for Active Aging Week This Year?

September 23 marks the beginning of Active Aging Week 2018 – a campaign created by the International Council on Active Aging (ICAA) to encourage and inspire adults ages 50+ achieve full, vibrant living in all dimensions of life.

This year's theme is "Inspiring Wellness," something Stonebridge at Montgomery strives to do for its residents year-round through our LivWell program. The goals of our LivWell program align perfectly with the goals of Active Aging Week, and we're excited to promote active, socially-engaging, and memorable activities during this themed week in September and year-round.

"Active Aging Week [is] a time for people to get together and enjoy fun, positive life experiences, and maybe even adopt new activities on a longer-term basis," said Colin Milner, ICAA's founder and CEO. "I'm personally inspired by all the new activities host organizations come up with every year to do exactly that."

Live Well Before, During & After Active Aging Week

The great part about Active Aging Week is it brings attention to the need for active lifestyles, especially as we get older. Remaining physically active can help maintain independence as we age, and this is something we all want for ourselves. Stonebridge at Montgomery plans to offer a week full of fun and entertaining events during Active Aging Week, and our residents are welcome to participate as much or as little as they'd like.

But that's not all. We're already promoting active, healthy lifestyles year-round through our award-winning LivWell program. LivWell focuses on whole-person wellness, catering to each of the seven dimensions with a deep understanding of physical, intellectual, emotional, social, environment, spiritual and vocational needs.

LivWell offers many stimulating programs, including:

- Arts
- Cultural events

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- Guided meditation
- Health and wellness education
- Hiking and nature tours
- Nordic walking
- Pilates
- Swimming
- Tai chi
- And more

For example, recently one of our resident's daughters held a presentation that demonstrated how to spin wool. She brought beautiful spools of wool from her very own sheep farm! This event, which took place earlier in August, was one of our many LivWell events planned for our residents to learn about New Zealand, one of the five countries where people live the happiest, healthiest and longest lives. This is just one example of the intellectually-stimulating events we host for seniors throughout the year.

Watch the [video below](#) to learn more about our LivWell program.

The Art of Living Well During Active Aging Week and Beyond at Stonebridge at Montgomery

Thousands of individuals in neighborhood groups, health and fitness clubs, parks and recreation sites, senior centers and senior living communities participate in Active Aging Week across the world. Learn more about the active, vibrant lifestyle our residents enjoy all year long at Stonebridge at Montgomery by contacting us today.