

## **Rappahannock Westminster-Canterbury to Host “Active Aging Week” Program September 25 – October 1**

Rappahannock Westminster-Canterbury (RWC) is hosting an “Active Aging Week” program from September 25 through October 1. Classes, workshops and activities designed to help seniors get active and stay that way will be held each day during the week on the RWC campus at 132 Lancaster Drive outside Irvington and at nearby locations. Seniors from the community are welcome to participate.

This year’s theme is “Expand Your Experience.” Participants will get a chance to engage in new and rewarding experiences that contribute to mental, physical and spiritual health.

“We decided to do something quite different this year,” says Kori Poplin, Wellness Coordinator at RWC. “We want to encourage members of the community to join our residents in exploring activities they might have always wanted to try, but haven’t had the chance.”

Poplin will lead a series of strength and balance classes that will run every day of the week. Yoga classes will also be available, and as a special treat on Thursday, at 11:00am attendees will be joined by youngsters from the Northern Neck Montessori School during the beginner seated yoga class. Following class at 11:30 a.m. attendees may join the Montessori students for a nature walk on the RWC campus while the children work on a botany assignment, then enjoy a picnic lunch on the Thomas Garden Patio.

Chaplain Davis Smith will lead a prayer walk around the RWC campus on Monday, September 26 at 10:00 a.m. “The walk will give people a chance to exercise both their physical and spiritual strength, to improve their personal wellness and the health of the community,” Smith says. A Bible Study session will be held on Tuesday, September 27 at 10:30 a.m. as an additional opportunity to promote spiritual health.

Another new activity this year is the “Soles 4 Souls” shoe collection. “This organization provides shoes to people in the poorest regions of the world,” says Poplin. “Including a donation program as part of our ‘Active Aging’ week helps us focus on vocational wellness.” On Tuesday September 27 from 10:30-noon, Wednesday, September 28 from 9:30-11:00am and Thursday, September 29 from 12:30-2:00 p.m. RWC residents and Active Aging Week participants are encouraged to bring in new or gently used shoes, along with \$1 per shoe to cover the cost of shipping. Shoes will be sent to Soles 4 Souls for distribution to communities with the greatest need. Due to logistical concerns, however, shoes can be accepted only during designated times.

Seniors can sign up for a presentation by Marta Cagle of the Virginia Hearing Assistance Service scheduled for September 27 at 2:00 p.m. On September 29 at 1:00 p.m., Ellie Galloway of the Alzheimer’s Association will present a program titled “Maintain Your Brain.”

This week's activities will also feature a performance by Bill Warren of Hampton, Virginia, an entertainer who uses magic and comedy to stimulate your mind and exercise your funny bone. Warren will perform at 7:00 p.m. on September 30. Dessert and coffee will be served.

The full schedule of events is posted on the RWC web site, [www.embracelifeatwvc.com](http://www.embracelifeatwvc.com). Reservations are required for all activities. Individuals interested in participating should call RWC at 438-4000.