

NEWS RELEASE

Waterford at Fairway Village



For immediate release

Sept. 11, 2009

For more information:
Kellie Wagnild
(360) 254-2866

Waterford hosts Active Aging Week for community

VANCOUVER, Wash. — Active aging is defined as living life as fully as possible, according to the International Council on Active Aging, which started an annual health promotion celebration. Residents of Waterford at Fairway Village are offered an array of activities to aid them in this mission not only during Active Aging Week but also throughout the year.

Waterford invites Vancouver-area residents to participate in this year's celebration, which starts Monday, Sept. 21. There is no charge for the events, which will be held at Waterford, 2911 SE Village Loop in Vancouver.

The schedule includes:

- **Monday, Sept. 21** at 1:30 p.m.: A Nintendo Wii tournament.
- **Tuesday, Sept. 22** at 9:30 a.m.: Waterford Memory Walk and fund-raiser in honor of the upcoming Alzheimer's Association Memory Walk® in Portland.
- **Wednesday, Sept. 23** from 9 a.m. to 2 p.m.: Waterford Health & Fitness Club Brain Health seminar and exhibit. Presentations and exhibits focus on preventative brain health and tips on maximizing cognitive ability.

Andrea Nakayama, C.N.E., will discuss "Eating for a Healthy Brain." Peter Greenfield, D.C.H., C.H.T., will present "Our Subconscious Mind."

An exhibit area will feature local vendors with products, services and tips related to nutrition, brain safety and brain challenges. Participants can exercise their brains with games, puzzles and cognitive challenges.

- **Thursday, Sept. 24** at 2 p.m.: Brain Builders class.
- **Friday, Sept. 25** at 11 am: Sudoku class for all levels.

"We focus a great deal on promoting and supporting active aging," says Kellie Wagnild, Life Enrichment/Wellness director for Waterford. "As a result, people are happier, more social and energetic and have a wider assortment of friends. In planning Active Aging Week, we selected activities to encourage, motivate, and inspire people to incorporate healthy activity into their daily routines."

For more information, people can call (360) 254-2866.

- more -

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.

A full-service retirement community, Waterford offers a wide range of retirement homes and lifestyle options and is home to more than 225 people. More information is available at WaterfordVancouver.com.

- end -