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FOR IMMEDIATE RELEASE

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Seniors Encouraged to Ignite their Passions during Active Aging Week

Cumberland County, PA – Cumberland County Senior Centers and Cumberland County Aging & Community Services encourage residents ages 50 and better to discover and pursue their passions as part of Active Aging Week, which is September 24-30, 2017.

Active Aging Week is a celebration of living well at any age, which not only promises fun, friendship and adventure, but also promotes positive perceptions of aging. This festival of aging encourages participants to explore a variety of wellness activities and perhaps adopt them into their lives.

Now in its 15th year, this year's theme, "Ignite your Passion," is a testament to the history and the desire of older adults discovering new things and engage as fully as possible in all areas of life, regardless of health conditions. Along with other organizations across North America, Cumberland County Senior Centers will offer opportunities for participants to ignite their own passions. Some of the events planned include:

- **Big Spring Senior Center, Newville** – Throughout the week, older adults can participate in several different types of exercise classes, such as Zumba Gold Aerobics, Tai' Chi for Arthritis, Yoga, Wii Bowling, Wii Fit Plus and Walk with Ease. Monday is Fine Arts Day and seniors are encouraged to share their artistic talents, as well as participate in a Water Color Painting class; Tuesday's activities including making crafts for various functions and holidays, and the Aqua Night for Seniors at the Big Spring Senior High School from 7 - 8 p.m. (minimal fee); Wednesday features a Bible Study and a trip to Camp Eder in Adams County for their Senior Day Camp; and Thursday will include spirited cards and board games. For more information, call (717) 776-4478.
- **Branch Creek Place, Shippensburg** – Starting a noon on Monday, join us for "Hike the Trail." The hike begins at the Rails to Trails in Shippensburg at Fort and Earl streets.

Seniors are encouraged to hike and ignite their passion for walking, as well as enjoy the surrounding landscape. Please call (717) 300-3563 for more information.

- **Mechanicsburg Place, Mechanicsburg** – Seniors are invited to take a trip to the Hershey Trolley works Wednesday, Sept. 27 and expand their knowledge of the history of Milton Hershey’s legacy. The center will also host a day of games on Thursday, Sept. 28, which include trivia, cornhole and many other fun games that engage the minds of older adults and their physical capabilities. Please call (717) 697-5947 for more information.
- **Senior Action Center, Carlisle** – The center will host a carnival with games and activities, incorporating exercises and illustrating how exercise can help older adults feel energized, improve quality of life and can even improve one’s mood. Healthy snacks will be provided. Please call (717) 249-5007 for more information.
- **Schaner Senior Center, Enola** – Starting at 11 a.m. on Tuesday, Sept. 26, join other seniors for a picnic and games at the local park. The day begins with a walk on the trail, followed by a variety of lawn games, including cornhole, ladder ball and bean bag toss. After the picnic lunch, the day will end with World Geography Bingo. Please call (717) 732-5947 for more information.

These activities provide a safe, welcoming environment in which to pursue new interests and embrace a vibrant, active lifestyle.

For more information on the senior centers in Cumberland County or the services available from Cumberland County Aging & Community Services, visit www.ccpa.net/aging.

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