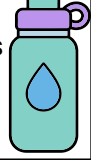


# CELEBRATE ACTIVE AGING IN OCTOBER!

| SUNDAY                                                                                                                                                                                                                                                                                                                                                                                        | MONDAY                                                                                                                                                                 | TUESDAY                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                | THURSDAY                                                                                                                                                                       | FRIDAY                                                                                                                                                                                | SATURDAY                                                                                                                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>In celebration of Active Aging, MSCR invites older adults ages 50 &amp; better to try a new activity, meet new people and stay active by participating in Active Aging activities throughout the month of October!</p> <p><b>All Activities Are FREE All Month—Just Save Your Spot By Registering!</b></p> <p>**Check out the backside of the calendar for registration information!**</p> |                                                                                                                                                                        |                                                                                                                                                                               |                                                                                                                                                                                          | <p><b>1</b> <input type="checkbox"/></p> <p>Fall Walk #53567<br/>9:45-10:45AM,<br/>McDaniel Park - Lower<br/>Yahara River Trail</p>                                            | <p><b>2</b> <input type="checkbox"/></p> <p>Travel Fitness Party<br/>#53594<br/>1-1:45PM,<br/>MSCR Central</p>                                                                        | <p><b>3</b> <input type="checkbox"/></p> <p>Fitness Bingo<br/>Challenge:<br/>Beginning reading<br/>100 Pages</p>          |
| <p><b>4</b> <input type="checkbox"/></p> <p>Fitness Bingo<br/>Challenge:<br/>Enjoy a Meal with<br/>Someone You Know</p>                                                                                                                                                                                      | <p><b>5</b> <input type="checkbox"/></p> <p>Henry Vilas Zoo Guided<br/>Walking Tour #53564<br/>10:30-11:15AM,<br/>Henry Vilas Zoo</p>                                  | <p><b>6</b> <input type="checkbox"/></p> <p>Pickleball - Try It! #53582<br/>11:45AM-12:45PM,<br/>MSCR West<br/>Aqua Ex. Deep Water<br/>#53557<br/>2:30-3:30PM, Cap. Lakes</p> | <p><b>7</b> <input type="checkbox"/></p> <p>Fitness Bingo Card<br/>Challenge #53574<br/>9:45-10:45AM,<br/>MSCR East</p>                                                                  | <p><b>8</b> <input type="checkbox"/></p> <p>Pickleball - Try It!<br/>#53584<br/>11:45AM-12:45PM,<br/>MSCR West</p>                                                             | <p><b>9</b> <input type="checkbox"/></p> <p>Wood Burning Coasters<br/>#53565<br/>9:30AM-12PM, MSCR East<br/>Chair Cardio Dance &amp;<br/>Toning #53576<br/>1:30-2:30PM, MSCR West</p> | <p><b>10</b> <input type="checkbox"/></p> <p>Fitness Bingo<br/>Challenge:<br/>Try A New Recipe</p>                        |
| <p><b>11</b> <input type="checkbox"/></p> <p>Fitness Bingo<br/>Challenge:<br/>Aim for 6-8 Hours of<br/>Sleep</p>                                                                                                                                                                                            | <p><b>12</b> <input type="checkbox"/></p> <p>Fall Birding Basics<br/>#53568<br/>8-9:30AM, Olin Park</p>                                                                | <p><b>13</b> <input type="checkbox"/></p> <p>Pickleball - Try It!<br/>#53583<br/>11:45AM-12:45PM,<br/>MSCR West</p>                                                           | <p><b>14</b> <input type="checkbox"/></p> <p>Nordic Pole Walking<br/>#53580<br/>9:45-10:45AM,<br/>Lake Farm County Park</p>                                                              | <p><b>15</b> <input type="checkbox"/></p> <p>Pickleball - Try It! #53585<br/>11:45AM-12:45PM,<br/>MSCR West<br/>Aqua Arthritis Exercise<br/>#53558<br/>3:15-4:15PM, Lapham</p> | <p><b>16</b> <input type="checkbox"/></p> <p>Halloween Fitness Party<br/>#53570<br/>1-1:45PM, MSCR East</p>                                                                           | <p><b>17</b> <input type="checkbox"/></p> <p>Fitness Bingo<br/>Challenge:<br/>Go to a Farmer's Market</p>                |
| <p><b>18</b> <input type="checkbox"/></p> <p>Fitness Bingo<br/>Challenge:<br/>Try a New Fruit or<br/>Veggie</p>                                                                                                                                                                                            | <p><b>19</b> <input type="checkbox"/></p> <p>Fall Birding Basics #53569<br/>8-9:30AM,<br/>Cherokee Marsh<br/>Aqua Exercise Warm Water<br/>#53559<br/>2-3PM, Lapham</p> | <p><b>20</b> <input type="checkbox"/></p> <p>Chair One Dance<br/>Fitness<br/>#53560<br/>10-10:45AM, Virtual</p>                                                               | <p><b>21</b> <input type="checkbox"/></p> <p>Floor Work: Renewing<br/>your Relationship with<br/>the Ground #54278<br/>12-1PM, MSCR West</p>                                             | <p><b>22</b> <input type="checkbox"/></p> <p>Memoir Writing<br/>Workshop<br/>#53577<br/>1-3PM, MSCR West</p>                                                                   | <p><b>23</b> <input type="checkbox"/></p> <p>Cardio Hike #53563<br/>1-2PM,<br/>Springfield Hill Natural<br/>Resource Area</p>                                                         | <p><b>24</b> <input type="checkbox"/></p> <p>Fitness Bingo<br/>Challenge:<br/>Watch the Sunrise or<br/>Sunset</p>       |
| <p><b>25</b> <input type="checkbox"/></p> <p>Fitness Bingo<br/>Challenge:<br/>Drink 100 Ounces<br/>of Water in a Day</p>                                                                                                                                                                                   | <p><b>26</b> <input type="checkbox"/></p> <p>Cardio Drumming<br/>#53573<br/>9:30-10:30AM,<br/>MSCR Central</p>                                                         | <p><b>27</b> <input type="checkbox"/></p> <p>(Re)Intro to Jump Rope<br/>#53562<br/>9:30-10:15AM,<br/>MSCR East</p>                                                            | <p><b>28</b> <input type="checkbox"/></p> <p>Balance, Strength, &amp; Core<br/>Stability #53571<br/>7:30-8:15AM,<br/>MSCR Central<br/>Walk &amp; Tone #53561<br/>10-10:45AM, Virtual</p> | <p><b>29</b> <input type="checkbox"/></p> <p>Dancy Yoga Flow<br/>#53566<br/>9:30-10:15AM,<br/>MSCR East</p>                                                                    | <p><b>30</b> <input type="checkbox"/></p> <p>Fall Adventure: Walk,<br/>Find &amp; Move #53572<br/>10:30AM-12PM,<br/>Token Creek Cty Park</p>                                          | <p><b>31</b> <input type="checkbox"/></p> <p>Fitness Bingo<br/>Challenge:<br/>100 Minutes of Physical<br/>Activity</p>  |

# HOW TO REGISTER & EARN PRIZES

## STEP 1: REGISTER FOR ACTIVITIES

- Registration opens 9/21 at 12 PM for MMSD residents & non-MMSD residents.
- Course numbers are listed on the calendar.
- Register online, by paper form, or in-person for assistance.
  - Registration is required for participation.

## STEP 2: LIMIT INITIAL REGISTRATIONS

- To give everyone a chance, register for **no more than 3 activities**.
- Starting 9/25 you may register for any open activities.

## STEP 3: WAITLIST IF NEEDED

- If an activity is full, place yourself on the waiting list.

## STEP 4: SHOW UP OR NOTIFY

- Each class you attend earns you ONE raffle ticket for MSCR prizes.
- If you can't attend, please give 48 hours' notice by phone or email so someone on the waiting list may join.

## STEP 5: WIN PRIZES!

- Check in on the class attendance sheet upon arrival - this tracks your attendance and enters you into the raffle drawing.
- Raffle drawing takes place on 11/12.

Prizes include:  
MSCR Gift Cards,  
GR 50+ T-shirts,  
Gift Baskets,  
and more!

# ACTIVE AGING HISTORY

Active Aging Week, launched in 2003 by the International Council on Active Aging, is all about changing the way we think about getting older. It's a chance to celebrate the many ways adults 50+ can stay active, connected, healthy, and engaged—while showing that there's no one "right" way to age.

### Why Active Aging Week Matters

- **Break the stereotypes:** Getting older doesn't mean slowing down or sitting on the sidelines!
- **Stay healthy:** Movement can help support balance, bone health, and overall wellness.
- **Keep your mind active:** Learning new things and staying active can help keep your brain engaged.
- **Stay connected:** Social activities and community programs are a great way to meet people and feel connected.
- **Celebrate what you can do:** Active older adults are a great reminder that there are plenty of ways to stay involved, try new things, and enjoy life at every age.

# ACTIVE AGING ACTIVITY DESCRIPTIONS

## **AQUA ARTHRITIS EXERCISE**

This specially designed warm water exercises contribute to overall fitness and health for someone with arthritis or joint pain. Builds endurance, promotes flexibility and muscle strength.

## **AQUA EXERCISE DEEP WATER**

This class is a great way to keep fit and flexible without impact on the hips, joints, and spine. Swimming skills are not required as floatation belts are used for support in deep water in the lap pool.

## **AQUA EXERCISE WARM WATER**

This specially designed class promotes toning, increased stamina, endurance, flexibility and strength for active participants in a warm water pool. After warm-up routines, use floatation devices for resistance training, perform light aerobics and enjoy cool-down activities.

## **BALANCE, STRENGTH, & CORE STABILITY**

This full-body class is designed to enhance balance, posture, strength and flexibility. Exercises are used to support daily activities and help reduce the risk of falls.

## **CARDIO DRUMMING**

This energizing full-body workout combines music, movement, and rhythm for a fun fitness experience! Using an exercise ball, drumsticks, and upbeat music, participants drum and move to the beat while improving cardiovascular endurance, strength, coordination, and balance. Movements can be adapted to a variety of fitness levels, making this an engaging way to stay active, challenge the body and mind, and relieve stress.

## **CARDIO HIKE**

Join us for a brisk-paced hike designed to get your heart pumping! We'll explore local trails, incorporating speed intervals, challenging uphill, and downhill sections to boost your cardiovascular fitness and build strength. This isn't a stroll in the park—it's a fun and effective workout designed to keep you active and energized. Be prepared to sweat!

## **CHAIR CARDIO DANCE & TONING**

A completely seated, dance-based class that includes low-impact choreographed moves and full-body strength training exercises. This class is a fun total-body aerobic and strength conditioning workout. There is no floor work.

## **CHAIR ONE DANCE FITNESS – VIRTUAL**

A chair-based dance fitness program for anyone who has difficulty standing during a fitness class. A fun, musically driven, interactive, full body workout with dance and fitness movements. There is no floor work.

## **DANCY YOGA FLOW**

Awaken to your inner dancer as you flow through yoga poses while having fun. Give yourself the freedom to explore body movements that are the reflection of your unique self. There is no right or wrong movement in this class, only the space to empower yourself and feel great in your body.

## **FALL ADVENTURE: WALK, FIND & MOVE**

Explore Token Creek County Park on a fun fall scavenger hunt! Follow clues, discover interesting spots, and complete simple movement challenges along the way. Get moving, enjoy the outdoors, and see the park in a whole new way! Costumes encouraged for a ghoulishly good time!

## **FALL BIRDING BASICS**

Learn how to use binoculars, identify bird species by sight and sound, recognize bird habitats, and distinguish permanent residents from seasonal migrants.

## **FALL WALK**

Join us for a 2-mile walk along the Lower Yahara River Trail! Enjoy the crisp fall air and the beautiful sights and sounds of the season.

# ACTIVITY DESCRIPTIONS CONT.

## **FITNESS BINGO CARD CHALLENGE**

During this one-hour class, work together to complete 56% of the Fitness Bingo challenge card through movement, fitness and a little creativity. Expect a fun mix of strength, cardio, balance and flexibility exercises inspired by the challenges on the card. Come ready to move, connect and celebrate a century of MSCR!

## **FLOOR WORK: RENEWING YOUR RELATIONSHIP WITH THE GROUND**

Explore breath work, stretching, and functional movement through exercises both on and off the floor. Practice getting up and down from the floor while improving mobility, strength, and body awareness.

## **HALLOWEEN FITNESS PARTY**

Get into the Halloween spirit with this fun 45-minute, full-body strength and balance workout designed specifically for active agers! Enjoy “spooky” moves set to favorite Halloween classics while exercising from the comfort of a chair or standing with chair support. All fitness levels are welcome. Costumes are encouraged—but not required!

## **HENRY VILAS ZOO GUIDED WALKING TOUR**

Explore the Henry Vilas Zoo with knowledgeable guides who will share fascinating facts about the animals, their habitats, daily enrichment, and conservation efforts. Gain a deeper appreciation for the animals that call the zoo home while enjoying this fun and educational adventure!

## **MEMOIR WRITING WORKSHOP**

Explore the art of telling one's own story. Through guided practice, learn techniques that help shape personal experiences into engaging narratives. Experiment with voice, structure, and detail while developing personal pieces.

## **NORDIC POLE WALKING**

Looking to add something new to your walk - try Nordic Poling! This class is for individuals new to Nordic Poling and/or interested in learning the proper form and technique while walking with poles. Nordic poling combines the benefits of cardiovascular exercise with a vigorous muscle workout for your shoulders, arms, core and legs. Poles provided.

## **PICKLEBALL – TRY IT!**

Participants learn the basic rules of doubles pickleball, including court positioning and scoring, and then put their skills into action with a game.

## **(RE)INTRO TO JUMP ROPE**

Remember jump rope? It's time to give it another twirl! This is a playful, beginner-friendly jump rope class designed especially for adults 50+. We'll learn the basics, find our rhythm, get our hearts pumping and have some fun along the way. No experience required. Come for the cardio. Stay for the satisfaction of discovering you've got hops.

## **TRAVEL FITNESS PARTY**

Pack your bags for a 45-minute fitness adventure around the world! This fun, full-body workout for active agers pairs energizing exercises with music inspired by international destinations and favorite road trip stops across the USA. All exercises can be performed seated or standing with the support of a chair. No passport required—just come ready to move, explore and have fun!

## **WALK & TONE – VIRTUAL**

Burn calories, increase energy and tone muscles in this 45 minute low impact indoor walking program using basic steps and strength training exercises to upbeat music.

## **WOOD BURNING COASTERS**

Create personalized wood-burned coasters in this hands-on workshop. Learn how to safely use a wood-burning tool to create clean lines, shading and decorative details. Participants design and transfer a pattern onto wooden coasters, then bring it to life using a variety of techniques.