

September 26, 2023

RDN Celebrating Active Aging Week with Free Activities

The Regional District of Nanaimo (RDN) will be celebrating Active Aging Week from October 3 to 7, 2023, with 28 free activities for Oceanside area residents. This annual event provides opportunities for older adults to stay active and engaged with others online and in person. Several community partners will be hosting activities that will help build stronger connections between older adults and their communities and create a network of senior-oriented organizations.

Physical activities being offered during the week include chair yoga, Pilates, Tai Chi, curling, walking and line dancing. Arts and crafts will also be offered and will feature card making, jewelry and quilting workshops. Presentations, a concert and an open house to speak with representatives from a variety of organizations are also on the event calendar.


Active Aging Week was initiated by the International Council on Active Aging to celebrate aging and to promote the benefits of a healthy lifestyle on a national scale. The RDN and its community partners have offered free drop-in activities for our community since 2013 to recognize Active Aging Week.

A full schedule of activities and links to our Active Aging Week community partners can be found online at getinvolved.rdn.ca/rec-connect/news_feed/active-aging-week.

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For more information, please contact:

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Get Involved RDN!