



The Villages®

INTERNATIONAL COUNCIL ON ACTIVE AGING

ACTIVE
AGING WEEK

OCT 5 - 9
2026

INSPIRING WELLNESS

JOIN YOUR FRIENDS AND NEIGHBORS FOR 5 DAYS
OF FUN, CAMARADERIE & EDUCATION!

MONDAY

5

Stretch Zone

Allamanda Recreation | 1:30PM

Take time for yourself and feel the benefits of stretching.

Yin Yoga

St. Tropez Recreation | 5PM

Learn Yin Yoga. A slower paced yoga that has been used with Chinese medicine.

TUESDAY

6

Intro to Outdoor Equipment

Mulberry Grove Recreation | 9AM

From cardio stations to equipment focusing on upper & lower body, you'll find what you need for your next outdoor workout.

Cardio Drumming

Spanish Springs Square | 9AM

This fun form of exercise will get your heart pumping & your drum sticks thumping.

WEDNESDAY

7

Brisk Walk

Lake Miona Recreation | 8AM

Lets get out, enjoy nature & get those heart rates up with a brisk walk at Black Lake Walking Path.

Scottish Dance

Allamanda Recreation | 1PM

Have you wondered how to move your feet like a Scottish dancer? Here's your chance to give it a try. Must wear secure healed shoes. No flip flops.

Chair Yoga

Saluki Recreation | 3PM

Always wanted to try yoga but didn't want to be on the floor? This chair yoga class is for you.

THURSDAY

8

Wedding Moves & Grooves

Fish Hawk Recreation | 3PM

Learn the dances everyone is doing at weddings. You will impress those grandkids when you can electric slide.

FRIDAY

9

Qigong

Odell Recreation | 9:30AM

Qigong translates to mastering of one's life force. Learn controlled breathing & focused meditation to optimize physical and mental well-being.

Puzzle Challenge

Eisenhower Recreation | 1PM

Join us for a race against the clock. We will team up & race against each other building an increasingly difficult puzzle.

The Villages
Recreation & Parks
**AT YOUR
SERVICE**

Register online or any
At Your Service location.
All events are FREE.

**REGISTRATION
REQUIRED**

The Villages®
Recreation & Parks

