**FOR IMMEDIATE RELEASE**

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Website: <https://rssny.org/events/active-aging-week.html>

**RSS – Riverdale Senior Services invites adults aged 50+ to inspire wellness within their community as part of Active Aging Week 2018**

On September 24th through 28th RSS will be a host site for Active Aging Week. Besides the regular roster of RSS classes, trips and group activities, each day will focus on a theme related to wellness. This is all part of the 16th consecutive Active Aging Week®, an annual event in the last week of September in which hundreds of thousands of adults aged 50 and older participate in a multitude of activities in an atmosphere of fun, friendship, adventure, and positive perceptions of aging.

Led by the International Council on Active Aging® (ICAA), Active Aging Week has promoted wellness to older adults since 2003. This year’s theme – *Inspiring Wellness* – emphasizes engaging as fully as possible in all areas of life, regardless of health. The events at RSS will be one of thousands taking place across North America, the United Kingdom and Australia from September 23 to 29.

Highlights at RSS for the week include a Community Wellness Fair, Tai Chi on the RSS Terrace, and workshops on Falls Prevention, How to Make A Healthy Smoothie and Natural Wellness. The Community Wellness Fair will be on Monday, September 24. Numerous local organizations and businesses will be participating in the Wellness Fair including Health Outreach/Allen Hospital, TCR, Riverdale Neighborhood House, Kingsbridge Library, Kingsbridge Heights Community Center, Atria, Five Star Premier Residence, NYPD, Montefiore Hospital, Riverdale Specialty Pharmacy, Mosaic Mental Health, Schervier, PSS, and many others. Additional organizations will be added over the next couple of weeks.

“It was important for RSS to be a host site for Active Aging Week”, said Julie Dalton, Executive Director of RSS. RSS embodies the values of inspiring wellness every day of the year. RSS is known for its commitment to wellness through its focus on the seven areas of a person’s life that make up their overall health - emotional, vocational, physical, spiritual, intellectual, social and environmental. We focus on working with our members so they can live their best, happiest and healthiest lives. And, we believe there’s always time to learn something new!”

“Active Aging Week inspires wellness by encouraging people to participate fully in life at any age, regardless of mental or physical capacity,” says Colin Milner, ICAA’s founder and CEO. “We created Active Aging Week as the ideal time for people to get out and have some fun, and even adopt healthy new activities into their lives on a longer-term basis.

**About Active Aging Week**
[www.activeagingweek.com](http://www.activeagingweek.com/)
Started in 2003 by the International Council on Active Aging, Active Aging Week celebrates aging and active living each year in the last full week of September. Host organizations engage older adults in their local communities with wellness activities and events provided in a safe, friendly and fun atmosphere. These organizations plan and deliver their own schedules of events targeted to any or all of the dimensions of wellness. Programming is offered at low-to-no cost to participants to ensure that cost is no barrier to participation. National sponsors of Active Aging Week 2018 include **Abbott, Aegis Therapies/EnerG® by Aegis, Domtar, and SwimEx.**

**About RSS**

[www.rssny.org](http://www.rssny.org)

RSS is a nonprofit agency whose mission is to champion older adults and their families through our wellness approach and in every aspect of our operations and facilities. 2019 will herald our 45th year of service to older adults in New York.

**About the International Council on Active Aging (ICAA)**
www.icaa.cc

ICAA, a professional association that leads, connects and defines the active-aging industry, supports professionals who develop wellness facilities, programs and services for adults over 50. The association is focused on active aging – an approach to aging that helps older adults live life as fully as possible within all dimensions of wellness – and provides its members with education, information, resources and tools.

**For more information or questions:**
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