



YOU CAN HAVE IT ALL

Navigating Your Retirement Journey

Life is a journey and there are many turns along your path before reaching your retirement destination. We invite you to take this opportunity to use navigational support from trusted experts on aging and learn how to fill your golden years with *more “want tos” than “have tos”* while still preserving your nest egg and maintaining financial freedom.

Don't leave your retirement to chance by relying on someone else to make decisions for you. Attend our upcoming presentation and learn how to identify the best choices for your future while still living life to the fullest.

Join us Thursday, May 22nd
12 - 2 p.m.

at the Manassas Museum
9101 Prince William Street
Manassas, VA 20110

RSVP TODAY
703-215-2985



COMMONWEALTH
SENIOR LIVING at MANASSAS

Welcome Home

Assisted Living & Memory Care



www.CommonwealthSL.com



Exercise can improve senior adults' strength, balance and heart health – and physical activity also protects cognitive function.
YURI ARCUS | PEOPLEIMAGES.COM

May is Older Americans Month – Embrace It!

» BY JULIE ROSE

We are celebrating older Americans this month. It's the perfect time to recognize the wisdom and resilience of the seniors within our communities.

Connecting with seniors and reflecting on their contributions and legacies allows those of all ages to learn from senior's experiences and create deeper, fulfilling relationships.

It's important to honor the lives of our seniors every day by supporting independence and dignity and fueling social connections to support overall well-being.



JULIE ROSE

MAY 28 – NATIONAL SENIOR HEALTH & FITNESS DAY

For the past 32 years, on the last Wednesday in May, people and organizations have celebrated National Senior Health & Fitness Day. It is the largest health promotion event for older adults in the United States with more than 1,000 events nationwide! This year's theme is "Move Today for a Better Tomorrow."

Exercise improves your strength, balance, and heart health – and physical activity also protects cognitive function. Regular movement increases brain blood flow and supports memory and may even help delay or reduce dementia symptoms.

Enjoy the many local and regional opportunities and resources to get active and stay engaged.

Virginia

Alexandria hosts a Senior Health & Fitness Fair on Thursday, May 22, beginning at 10 a.m. at Lee Center, 1108 Jefferson Ave. in Alexandria. Hosted by Senior Services of Alexandria, this fair offers health and fitness activities specifically tailored for seniors. Go to senior-servicesalex.org/senior-health-and-fitness-fair-may-23-2024/ for additional information.

Arlington County 55+ has a number of activities as well as a Spring 55+ guide. Visit arlingtonva.us/Government/Departments/Parks-Recreation/Programs/55-Membership/Senior-Activities to learn more.

Fairfax County 55+ hosts group fitness classes, walking groups, and wellness seminars. Visit fairfaxcounty.gov/results?q=55%2B+activities for more information.

Prince William County has two senior centers, one in Manassas and one in Woodbridge, that offer a variety of fun activities such as fitness classes, special presentations, interactive games and much more. Go to pwcva.gov/departments/area-agency-aging/senior-centers for additional information. You can find

the current monthly newsletter for the Manassas Senior Center and for the Woodbridge Senior Center, which offer wonderful activities for the month.

Maryland

Montgomery County Recreation 55+ Programs has a Spring 55+ Activity Catalog that is filled with options from Tai Chi to pickleball to nutrition tips – there seems to be something for everyone. Visit montgomerycountymd.gov/rec/Resources/Files/publications/55andbetter-sp25.pdf for more information.

Check out the Montgomery Parks offerings with numerous beginner classes – it's a great place to try something new with fellow county residents. More information is available at montgomeryparks.org/activities/55-and-better-programs/.

Washington, D.C.

The DC Department of Aging & Community Living offers virtual and in-person activities promoting movement and connection for residents. Learn more at dacl.dc.gov.

For those who have been diagnosed with Parkinson's Disease, there are several options to keep moving and support your physical and mental health through exercise.

Among them, the YMCA offers Pedaling for Parkinson's, a class specially designed for those with Parkinson's and movement disorders. These classes are offered across the region in Alexandria, Bethesda-Chevy Chase, Fairfax and Silver Spring. For more information, visit ymcadc.org/pedaling-for-parkinsons/.

I encourage you to move today, have fun and connect with others to ensure your better tomorrows.

Julie Rose, M.Ed., CDP, CHC, CAPS is CEO of Paladin Life Care providing exceptional care and advocacy for senior clients and those with disabilities in Virginia, Maryland and the District of Columbia.