



## Active Aging Week at the Apartment Community

In collaboration with the International Council on Active Aging, residents at the Apartment Community will be kicking off new wellness adventures including Zumba Gold seen here, along with the “Shrine SOLES Walking Club” embarking on a 60 mile journey with a secret theme to be revealed during active aging week September 25th through the 30th.

Other ventures include Computer Classes, Community Garden, 101 Ways to Wellness Journaling, Conversational Spanish Class, Morning Praise in the Garden and much much more.

The 200 acre campus provides independent living, assisted and skilled nursing care so the only moving residents do is to Glen Miller and Tommy Dorsey. Active Aging Week spreads across the spectrum of care as residents are motivated to keep well in body mind and spirit

Visit our website, [www.apartmentcommunity.org](http://www.apartmentcommunity.org), to learn more about active aging week or call us to arrange a tour, lunch or to observe the many wellness offerings. And learn more about Marquita from JoJo on the Go Fitness- our personal Zumba Gold instructor.



Come Share the Spirit

*The Apartment Community of  
Our Lady of the Snows*

INDEPENDENT LIVING

**618-394-6400**

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