



FROM THE CEO, DREW DYSON

Active Aging Week

Dear Friends,

For several decades now, the first week in October has been designated “active aging week.” It is a perfect time to remind ourselves that aging doesn’t necessarily mean slowing down. In fact, it’s an opportunity to celebrate the wisdom and experience gained over the years while continuing to lead active and fulfilling lives.

Active aging is about more than just staying physically fit; it encompasses a holistic approach to maintaining one’s wellbeing. Active aging includes physical, mental, social, and emotional dimensions that are crucial to a healthy concept of aging. Here are just a few reasons why active aging is so crucial:

- **Physical Health:** Staying physically active helps us maintain muscle mass, flexibility, and overall strength. Regular exercise reduces the risk of chronic diseases such as heart disease, diabetes, and osteoporosis.
- **Mental Agility:** Engaging in intellectual pursuits, such as learning new skills or participating in brain-stretching activities, keeps the brain sharp and enhances cognitive function.
- **Social Engagement:** Building and maintaining social connections is vital for emotional wellbeing. Active aging encourages us to be involved in social activities, volunteer work, or other interest groups.
- **Emotional Resilience:** Aging can bring unique challenges, but active aging promotes emotional resilience. Staying fully engaged in the world around us leaves us better equipped to handle stress and maintain a positive outlook, thereby improving overall health.

At PSRC, we believe in celebrating the spirit of active aging. Here are just a few of the ways we are working to empower the older adults in our community to live life to the fullest:

- **Fitness Classes:** Join us for a variety of fitness classes, from gentle yoga and tai chi to aerobics and Pickleball. These classes cater to various fitness levels and offer a fun way to stay active.
- **Lifelong Learning:** Expand your horizons with Evergreen Forum or one of our many other educational offerings this fall. It’s never too late to learn something new!
- **Outdoor Adventures:** Nature enthusiasts can explore the great outdoors with our hiking and nature walks. Enjoy the beauty of the Princeton area while staying active.
- **Volunteer Opportunities:** Give back to the community, and support the work of PSRC, by participating in one of our volunteer



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opportunities. Working at our front desk or helping in our technology lab is a great way to stay engaged and make a positive impact on others' lives.

- Social and Support Groups: PSRC offers many different groups to stay engaged and build relationships with others. From Aging Gaily to Forever Young, Global Conversations to Let's Talk, along with many others, we encourage you to jump in and get connected!

Active Aging Week is a celebration of the vibrant and fulfilling possibilities of older adulthood. It's an opportunity for us to embrace physical activity, expand our horizons, connect with others, and nurture our wellbeing. At PSRC, we are committed to empowering the older adults in our community to celebrate the joy of growing older with grace and vitality. Together, we can create a community where everyone thrives and enjoys a fulfilling, active life. Let's embrace these years together with enthusiasm, resilience, and a zest for life!

All the Best,

Drew A. Dyson, PhD

Chief Executive Officer