

Waterford at Fairway Village

FOR IMMEDIATE RELEASE

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VIA Fax

For further information:

Willow Eaton  
360-254-2866

## **MAYOR TO CELEBRATE NATIONAL SENIOR HEALTH & FITNESS DAY AT WATERFORD**

(VANCOUVER, Wash.)—Vancouver Mayor Royce Pollard will participate with Waterford at Fairway Village to mark National Senior Health & Fitness Day, May 26. Many fun activities are planned from 11 am to 3:30 pm, and the public is invited to stop by 2911 S. E. Village Loop and take part.

Sign up now to win a free Stepping Out T-shirt. Call 360-254-2866 to register.

The day will begin at 11 when people may choose from four walks, varying in intensity.

Mayor Pollard will lead one of the walks.

From 1 to 2:30, people may select from the following activities:

- Water volleyball
- Swimwear fittings by Portland Swimwear
- Ab Lab and Healthy Back demonstrations
- Gait Analysis by Fit Right Northwest
- Massage demonstrations
- Performance by Ronna Jo Lynch
- Badminton
- Bocce

This year marks the 11th annual celebration of National Senior Health & Fitness Day, which provides fun events to raise awareness of older Americans' need to be partners in their own wellness. The theme for the event is "Activity...A Choice You Can Live With!"

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“It is our belief that everyone can benefit from physical activity and the comradeship of friends and neighbors with a like focus,” says Touchmark’s Wellness & Programs Director Marge Coalman. “No one is too old to begin a wellness program,” she adds.

A part of Touchmark, Waterford at Fairway Village offers a Life Enrichment & Wellness program that focuses on the well-being of each person living and working there.

Waterford at Fairway Village provides a broad range of services for active adults, including a health and fitness club, apartments and homes, independent living, assisted living, memory care, home health care, and respite care. Opened in 1998, the Waterford is home to more than 230 people and is located adjacent to the Fairway Village 55-plus community and public course.

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