

# Celebrate Active Aging Week October 3 - 9, 2022!

Active Aging in Manitoba (AAIM) again joins the International Council on Active Aging (ICAA) in promoting Active Aging Week, October 3—October 9, 2022. Active Aging Week will be during Seniors' and Elders' Month is held throughout October, starting with Seniors' and Elders' Day, celebrated annually across Canada on October 1st.

The 2022 theme is, **Celebrate Active Aging – online or in person**. The pandemic has made us think about how we can do things differently and creatively. Many Manitobans, particularly older adults, have lacked social connections and socialization opportunities. Social connections for older adults are critical, playing an essential role in mental, emotional and physical health. Older adults with strong social networks have improved quality of life and overall health.

We are encouraging every community in Manitoba to take part and celebrate healthy, active aging safely, sharing their experience of being an active living community in Manitoba.

## We want to hear from you!

Let us know what you currently do for active aging in your community or what you plan for Active Aging Week. It's your turn to shine. Contact us at [info@activeagingmb.ca](mailto:info@activeagingmb.ca) or **204-632-3912**. We'll register your Active Aging Week event and add it to a calendar and virtual map on our website.

## Inspiring Active Lifestyles



Active Aging in Manitoba (AAIM) is a non-profit organization dedicated to promoting active aging opportunities for older Manitobans. AAIM promotes programs that enable older Manitobans to stay socially connected, participate in regular physical activity, eat healthily, and reduce the risk of falls and injury.

### AAIM Programs

- Volunteer Opportunities
- Peer Leadership
- Community Outreach
- Manitoba 55+ Games

### For more information, contact us:

**Phone:** 204-632-3912

**Toll free:** 1-866-202-6663

**Email:** [info@activeagingmb.ca](mailto:info@activeagingmb.ca)

# Stay Healthy and Active through Prevention

## *Get the Shot - Not the Flu!*

### The High-dose Flu Vaccine is Now Available!

The high-dose flu vaccine is now covered for all  
Manitoba older adults aged 65 years and older.

*Always consult your healthcare  
provider about what choice  
is best for you.*

*Supported by an education grant  
from Sanofi Pasteur.*

