

September 22, 2025

RDN Celebrating Active Aging Week with Free Activities

The Regional District of Nanaimo (RDN) will be celebrating Active Aging Week from October 6 to 10, with many free activities for Oceanside area residents. This annual event provides opportunities for older adults to stay active and engaged with others. Several community partners will be hosting activities that will help build stronger connections between older adults and their communities.

Physical activities being offered during Active Aging Week include a variety of fitness classes, pickleball, swimming lessons, square dancing, floor curling, skating and more. Come to the Inspiring Connections Open House on Wednesday, October 8 at Oceanside Place Arena from 9 a.m. to 3:30 p.m., to meet with community groups, enjoy presentations and take part in free activities.


Active Aging Week was initiated by the International Council on Active Aging to celebrate aging and to promote the benefits of a healthy lifestyle on a national scale. The RDN and its community partners have offered free drop-in activities for our community since 2013 to recognize Active Aging Week.

A full schedule of activities and links to our Active Aging Week community partners can be found at getinvolved.rdn.ca/rec-connect.

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For media inquiries, please contact:

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