

September 23, 2026

RDN Celebrating Active Aging Week with Free Activities

The Regional District of Nanaimo (RDN) will celebrate Active Aging Week from October 5 to 10 with 50 free activities for Oceanside area residents. The week will also feature the Inspiring Connections Open House on Wednesday, October 7, at Oceanside Place Arena in Parksville. The open house will include information booths, workshops, presentations and free activities, including leisure skate and fitness classes.

This annual event provides older adults with opportunities to stay active, connect with others and engage in their community. Community partners will host activities that foster meaningful connections while supporting a network of organizations dedicated to serving older adults. Activities offered throughout the week include chair yoga, Pilates, carpet bowling, walking, weaving, Essentrics, Tai Chi, cycling, wellness fairs and community open houses.

Active Aging Week was established by the International Council on Active Aging to celebrate aging and promote the benefits of healthy, active lifestyles. Since 2013, the RDN and its community partners have offered free activities to recognize Active Aging Week and help residents stay active and connected.

Most activities are drop-in, with a small number requiring pre-registration. A full schedule of activities and information about Active Aging Week community partners is available online at getinvolved.rdn.ca/rec-connect.

Key Points

- **50 free activities:** Oceanside residents can join free fitness, wellness, recreation and community activities from October 5 to 10.
- **October 7 open house:** Inspiring Connections at Oceanside Place Arena will feature booths, workshops, presentations and free activities.
- **Healthy aging focus:** The event helps older adults stay active, connect with others and access local supports.

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For more information, please contact:

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