The Active aging week Challenge

The Goal*:* To inspire engagement and action

The Task: Every time you complete a square,write a brief description.

To Win*:* Complete a row, column or diagonal and check in with [insert contact info]. When it is returned, complete the process again. Every time you turn it in, your name will be put in a drawing to win a prize.

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| Complete a  10-minute meditation | Attend a yoga class | Attend a strength training class | Learn a new dance | Write a note of gratitude and deliver it to someone in the community |
| Complete 2 sets of 10 repetitions each of forward and backward arm circles | Share a new facts about your town, county, or state with a friend | Eat like a vegetarian for a day | Set up a walking path in your apartment or outside and complete 5 laps | Call someone and sing a song together |
| Play a game outside | Volunteer to set up for an event in your community | Invite a friend or family member to join a class with you | Complete an art project | Write about your favorite vacation and share your story |
| Connect with the younger generation | Attend a Tai-Chi class | Attend a Happy Hour and meet someone new | Dance to your favorite songs | Spend time outside/visit a new park |
| Join a TED Talk discussion | Complete a 1-minute march  3 times in a day | Learn a new game | Sign-up to go on an outing | Take a new walking path |