

# Media Advisory



## Abilities Course to launch September 24

**Innovative program to help older adults become better, more confident movers**

### WHAT:

AURORA (September 20, 2018): To help older adults become more independent and 'durable,' Activate Aurora and the Aurora Older Adult network is introducing the "Abilities Course." This initiative, modelled on a successful program from the Netherlands, will launch at the Chartwell Hollandview Trail Retirement Community as part of their Health and Wellness Fair on September 24.

It's the perfect venue to debut a program that uses physical literacy concepts to build competence and confidence in movement. The Abilities Course will assess a participant's motor skills in a variety of regular, daily activities, and provide opportunities for them to practice and improve their locomotion, balance and stability, along with the ability to manipulate objects.

The Abilities Course has been in preparation for more than six months, and as part of the Activate Aurora team, includes local physiotherapist John Pendelbury of Bayview Physiotherapy. He and his professional team built this program, and designed the assessment and training processes.

Mayor Geoff Dawe, on behalf of the Town, will be on hand to launch the Abilities Course at 11:00 am, and will be joined by members of the Activate Aurora Older Adults Team.

### WHO:

Older adults, family members, caregivers, and service providers. Elected officials and local media are encouraged to attend.

### WHEN:

Monday, September 24, 2018 • 11:00 am

### WHERE:

Chartwell Hollandview Trail Retirement Community, 200 John West Way, Aurora



For further information, please contact:  
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#### About Sport Aurora:

Founded in 2005, Sport Aurora is a not-for-profit corporation that supports and develops high-quality sport and recreation opportunities. They advocate on behalf of member organizations to increase participation, build capacity and celebrate excellence. Sport Aurora now represents 31 sport organizations, with a volunteer base of more than 2,500, and a player base of nearly 10,000 from ages of 3 to 80. Sport Aurora has also helped develop the municipal Parks and Recreation Master Plan, continues to provide leadership and guidance, and has become the "voice" of Sport in the Town of Aurora. For more information, visit <http://www.sportaurora.ca/>

#### About Activate Aurora:

Activate Aurora is on a mission: to make Aurora "Canada's Most Active Community" through education, activities and awareness. This Ontario Trillium Foundation (OTF) funded program was designed by Sport Aurora with the guidance of the Canadian Sport for Life Society, and is endorsed – and supported – by the Mayor's Task Force on Physical Activity. The Activate Aurora team includes representatives from diverse areas of interest: local sports organizations, education, parks & recreation, seniors and health care. For more information, visit <https://activateaurora.com/>