

# Press Release



## Activate Aurora launches 'Abilities Course'

### Program to assess and help seniors move more confidently and competently

AURORA (October 1, 2018): September 24 marked the launch of the Abilities Course, an initiative of the Activate Aurora Older Adult network that aims to build competence and confidence in movement. It is modelled after a successful program in the Netherlands, and has been in preparation, locally, for more than six months.

The launch took place as part of the Health and Wellness Fair at Chartwell's Hollandview Trail Retirement Community. Seniors walked up ramps, around objects, and over a variety of uneven surfaces to mimic the challenges that older adults face daily. This was only a snapshot of a more comprehensive program that involves age-appropriate fitness assessment (strength, balance, coordination), falls prevention, life coaching, and the opportunity to practice and improve locomotion and stability, along with the ability to manipulate objects.

The Abilities Course will complement existing programs at older adult residences, 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.

This course will also be supported by the Exercise is Medicine team. Participating EIM doctors and allied health professionals will also be launching their own program this fall.



For information on Older Adult programs:  
Clay Melnike, Chair, Activate Aurora  
Older Adults Network  
[olderadults@activateaurora.com](mailto:olderadults@activateaurora.com)

For other media enquiries, please contact:  
Neil Moore, Director of Communications,  
Activate Aurora/Sport Aurora  
905.717.7474  
[communications@activateaurora.com](mailto:communications@activateaurora.com)



#### 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/>

