

HEALTH MATTERS

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Join Us For Active Aging Week at Peconic Landing

Staying active in mind, body, and community is key to successful living. From September 30 to October 6, Peconic Landing will be an official host for Active Aging Week in partnership with the International Council on Active Aging, encouraging older adults to engage in activities that promote well-being, regardless of age or ability. At Peconic Landing, we embrace aging as an opportunity for purpose, connection, and growth. Our holistic approach to wellness – including physical, mental, emotional, and social health – offers daily opportunities to support an active, vibrant lifestyle.

Movement and Connection

Active aging extends beyond exercise – it's about mental stimulation and community. At

Peconic Landing, members can walk along our private beach, explore six miles of nature trails, or join a member-led cooking class with Blue Zone-inspired recipes. These activities make staying active fun and social. "As we encourage members to live actively, we create opportunities that fit their interests and abilities," says Greg Garrett, Peconic Landing's COO and Chair of the Successful Living Committee. "Our goal is for everyone to engage meaningfully, whether through movement, learning, or social interaction." Our Lifestyle Coordinator and member-led Successful Living Committee support members in reaching their wellness goals. By encouraging natural, enjoyable movement, we ensure everyone can participate in ways that

suit their abilities. This mirrors the Blue Zones philosophy, which promotes longevity through healthy habits and community.

Lifelong Learning

Intellectual health is essential to active aging. Peconic Landing offers opportunities for continuous learning, including Lifetime

Learning courses and art classes taught by members. These activities sharpen the mind and offer a sense of purpose.

"At Peconic Landing, we take a whole-person approach to wellness," Garrett adds. "We explore new ways to support members' physical, intellectual, and emotional growth, which is what Active Aging Week is all about."

FREE EVENTS OPEN TO THE PUBLIC

Peconic Landing invites the community to join us for Active Aging Week. Our free events are open to members and the public, showcasing the many ways to stay engaged at any age.

What's in Your Backyard? Campus Walk	Mon 9/30 @ 7:30am, 11:30am, 3:30pm
Tour & Lecture @ Wickham's Fruit Farm (Main Rd, Cutchogue NY)	Tues 10/1 @ 2pm (\$13/person)
Outdoor Chair Yoga at Brecknock Hall	Wed 10/2 @ 11:30am
Justice Holmes' Battlefield Conversation (Lecture by Al Alschuler)	Wed 10/2 @ 3:30pm
Pool Tai Chi	Thurs 10/3 @ 10:30am
Mary L. Booth: The Story of an Extraordinary 19th Century Woman (Lecture by Author Tricia Foley)	Thurs 10/3 @ 7pm
Outdoor Yoga (Chair or Mat)	Fri 10/4 @ 9am
Open Tennis, Pickleball, and Basketball Courts	Fri 10/4 @ 1pm-3pm
Balance Assessments	By Appointment All Week

We look forward to celebrating an active, fulfilling lifestyle with you!
SPACE IS LIMITED. REGISTRATION REQUIRED!
To register or learn more, visit www.peconiclanding.org/events