



The Oakdale wellness team meets at Walton Park to play pickleball. Physical exercise provides a myriad of benefits including a stronger heart, a positive mental outlook and an increased chance of remaining independent.

Creating Connections, Changing Communities

We are your neighbors, friends, local shop owners, and people you see at the store. We are older adults living in Oakdale, working to improve the health and fitness of ourselves and neighbors aged 50+. We do this through grassroots, volunteer wellness projects that achieve measureable success. "Discover Your Fitness" is our goal and motto!

Contact Information

The Oakdale Wellness team has many exciting and educational events ahead. Feel free to contact us via Yahoo or Facebook to suggest speakers, workshops, or events you would like to experience.

Most of our events are free and open to the public, but we do ask that you register at www.oakdalefun.com or by calling Oakdale Recreation at 651-747-3860. That helps us plan for setting up and sometimes offering healthy treats.

Event Address:

Discovery Center
4444 Hadley Ave. N
Oakdale, MN 55128

E-mail:

oakdalewellness50@yahoo.com

Facebook:

Discover Your Fitness

Volunteer phone number:

612-845-3127

OAKDALE Wellness50+

*A grassroots
wellness initiative by,
and for, the residents
of Oakdale*



Vital Aging NetworkSM

Discover Your Fitness!

- The Oakdale Wellness 50+ team offers an event most months at the Oakdale Discovery Center. They include classes, workshops, and talks from professionals and enthusiasts, each relating to physical wellness, mental wellness, prevention, or nutrition.
- A cornerstone of our "Discover Your Fitness" events is the Rikli-Jones Senior Fit Test. This short fitness assessment provides you with baseline information about your physical fitness level. Each component evaluates functional fitness for strength, flexibility and endurance to accomplish everyday tasks. Once you learn your starting point, we'll help you increase your fitness level and your ability to live your life to the fullest. A certified fitness instructor is on hand to teach you safe and effective exercises.
- Are you an expert or an enthusiast? We'd love to have you join us as a participant, a volunteer, a teacher, or a Senior Fit Test assessor.
- This is for you and by you, a community effort. Join us on the path to wellness for people 50+. It is up to all of us to improve our health and empower our communities and residents to thrive.



Oakdale Wellness 50+

Oakdale Wellness 50+ is a volunteer team that aims to engage Oakdale residents age 50 and older in health-focused activities that lead to measurably improved wellness.

Our efforts are supported by the Vital Aging Network (VAN), the city of Oakdale, and Washington County. VAN is a non-profit organization that promotes civic engagement and personal growth among citizens over 50.

We began with a pilot project at Cardinal Pointe in 2014 and have expanded our efforts to our current activities at the Discovery Center. We look forward to also working with our local faith communities and senior residences.

Typical Events and Activities

- Exercise Challenge, 150 minutes each week for 12 consecutive weeks
- Wednesday Walks, May-September, 9:00 AM at the Discovery Center
- Healthy Cooking and Eating
- Yoga and Tai Chi
- Pickleball
- Aging and Sexuality
- Dementia Friendly City
- Line Dancing

What can you do?

- Participate in a "Discover Your Fitness" event. The activities and dates can be found in the Oakdale Update, the Oakdale-Lake Elmo Review, and on our Facebook page: Discover Your Fitness.
- Sign up to receive our occasional e-mails by sending a request to oakdalewellness50@yahoo.com.
- Like us on Facebook.
- Volunteer with our team: call 612-845-3127 (Jackie) or email oakdalewellness50@yahoo.com.
- There are many opportunities, including joining the team, sharing your expertise at an event, spreading the word, or helping with an event.