

Active Older Adults

Older adults thrive at any age and foster vital community connections through adult-focused programs.

NE Village PDX

NE Village PDX is part of a nationwide movement of volunteer-led, grassroots organizations that operate to change the paradigm of aging. Using a neighbor-to-neighbor approach to help adults 60+ to remain independent and active while they age in place in their homes, volunteers bring services and social connection directly to community members.



Grocery delivery is just one service provided by Village volunteers.

Group Fitness

Adults of varying abilities stay active with a wide variety of specialized classes (like Tai Chi: Moving for Better Balance, AOA Fitness, and Aqualand) in a fun, welcoming, and supportive community environment.



B-R-E-A-T-H-E in. and. out!

Aquatics

Adult swimmers gather daily to move their bodies, heal from chronic pain and injury, and build community through aquatics programs in our warm water pool that focus on the unique needs of active older adults.



The Dog Paddle to the Backstroke are welcome in Lap Swim!