

Assembly Resolution No. 1335

**BY:** M. of A. Rules (Zinerman)

**MEMORIALIZING** Governor Kathy Hochul to proclaim October 5-11, 2026, as Active Aging Week in the State of New York

**WHEREAS,** Older adults bring a wealth of experience and knowledge to the increasingly active roles they play in today's society; their past contributions and future participation are a vital part of, and valuable asset to, the fabric of community life and activity; and

**WHEREAS,** This Legislative Body is justly proud to memorialize Governor Kathy Hochul to proclaim October 5-11, 2026, as Active Aging Week in the State of New York, in conjunction with the observance of National Active Aging Week; and

**WHEREAS,** Active Aging Week challenges society's diminished expectations of aging by showing that, regardless of age or health conditions, adults over 50 can live as fully as possible in all areas of life, physical, social, spiritual, emotional, intellectual, vocational and environmental; and

**WHEREAS,** The objective of the annual health-promotion event is to give as many older adults as possible the means to experience wellness activities and exercise in a safe, supportive environment, and endorse the benefits of healthier, more active lifestyles across the life span; and

**WHEREAS,** Active Aging Week was started in 2003, by the International Council on Active Aging as an international event celebrating aging and active living by engaging older adults in wellness activities in a safe, friendly and fun atmosphere; and

**WHEREAS,** The weeklong campaign calls attention to and wholeheartedly celebrates the positivity of aging today and showcases the capabilities of older adults as fully participating members of society and spotlights the role models that lead the way; and

**WHEREAS,** International Council on Active Aging (ICAA), a professional association which leads, connects and defines the active-aging industry, supports more than 10,000 professionals and organizations that develop wellness facilities, programs and services for adults over 50; this vital association is focused on active aging, an approach to aging that helps older adults live as fully as possible within all dimensions of wellness, and provides its members with education, information, resources and tools; and

**WHEREAS,** As an active-aging educator and advocate, ICAA has advised numerous organizations and governmental bodies, including the United States Administration on Aging, the National Institute on Aging (one of the United States National Institutes of Health), The White House Conference on Aging, and the United States Department of Health and

Human Services; and

**WHEREAS,** Over the past 20 years, ICAA and its members have empowered millions of older adults to improve their quality of life and maintain their dignity through its Active Aging Week initiative; what began as an incentive for older adults to lead healthier, more active lives has become a tradition involving hundreds of thousands of individuals in neighborhood groups, health and fitness clubs, parks and recreation sites, seniors centers and senior living communities from New York to New South Wales, Australia; and

**WHEREAS,** It is the sense of this Legislative Body to commend the efforts of those organizations which provide essential care and supportive services for older adults, and serve to enhance the quality of life for our loved ones; now, therefore, be it

**RESOLVED,** That this Legislative Body pause in its deliberations to memorialize Governor Kathy Hochul to proclaim October 5-11, 2026, as Active Aging Week in the State of New York; and be it further

**RESOLVED,** That a copy of this Resolution, suitably engrossed, be transmitted to The Honorable Kathy Hochul, Governor of the State of New York.