

Live Healthier Longer by Traveling to the Blue Zones!

2026 Six-Week Series

Blue zones are regions of the world where people live longer, healthier lives. Join Kristine Keay and the Office on Aging for this award winning, six-week journey to blue zone countries and learn how you can adapt their principles for better living.



Session 1 – Japan

Lifestyles to Live Well Longer

Receive your passport and start your adventure with an overview of the blue zones.

Tuesday, February 17 | 12:45 – 1:45 p.m.
McFaul Senior Activity Center

Wednesday, February 18 | 12:45 – 1:45 p.m.
Havre de Grace Senior Activity Center

Thursday, February 19 | 1:00 – 2:00 p.m.
Veronica 'Roni' Chenowith Center

Monday, February 23 | 1:00 – 2:00 p.m.
Edgewood Senior Activity Center

Session 2 – Italy

Plant Based Diet & Mindful Eating

Learn how this region's diet and the concept of mindful eating can add years to your life.

Tuesday, February 24 | 12:45 – 1:45 p.m.
McFaul Senior Activity Center

Wednesday, February 25 | 12:45 – 1:45 p.m.
Havre de Grace Senior Activity Center

Thursday, February 26 | 1:00 – 2:00 p.m.
Veronica 'Roni' Chenowith Center

Monday, March 2 | 1:00 – 2:00 p.m.
Edgewood Senior Activity Center

Session 3 – USA

Destress and Be Spiritual

Discover the value of laughter, less stress, yoga, and mediation.

Tuesday, March 3 | 12:45 – 1:45 p.m.
McFaul Senior Activity Center

Wednesday, March 4 | 12:45 – 1:45 p.m.
Havre de Grace Senior Activity Center

Thursday, March 5 | 1:00 – 2:00 p.m.
Veronica 'Roni' Chenowith Center

Monday, March 9 | 1:00 – 2:00 p.m.
Edgewood Senior Activity Center

Session 4 – Greece

Community & Belonging

Get to know your fellow travelers to study the latest research on happiness & loneliness together.

Tuesday, March 10 | 12:45 – 1:45 p.m.
McFaul Senior Activity Center

Wednesday, March 11 | 12:45 – 1:45 p.m.
Havre de Grace Senior Activity Center

Thursday, March 12 | 1:00 – 2:00 p.m.
Veronica 'Roni' Chenowith Center

Monday, March 16 | 1:00 – 2:00 p.m.
Edgewood Senior Activity Center

Session 5 – Costa Rica

Move Naturally

Discover how natural movement increases longevity.

Tuesday, March 17 | 12:45 – 1:45 p.m.
McFaul Senior Activity Center

Wednesday, March 18 | 12:45 – 1:45 p.m.
Havre de Grace Senior Activity Center

Monday, March 23 | 1:00 – 2:00 p.m.
Edgewood Senior Activity Center

Thursday, March 26 | 1:00 – 2:00 p.m.
Veronica 'Roni' Chenowith Center

Session 6 – Singapore

Life Satisfaction & the Future of Longevity

Learn how to foster longevity using tips from the happiest of the blue-zone countries.

Tuesday, March 24 | 12:45 – 1:45 p.m.
McFaul Senior Activity Center

Wednesday, March 25 | 12:45 – 1:45 p.m.
Havre de Grace Senior Activity Center

Monday, March 30 | 1:00 – 2:00 p.m.
Edgewood Senior Activity Center

Thursday, April 2 | 1:00 – 2:00 p.m.
Veronica 'Roni' Chenowith Center

Registration is required one week in advance of each program in person or by calling the center. Attendees must be age 55 and over, and a member of the Harford County Senior Activity Centers. Membership is free, and you can join by completing a membership agreement on the day of the event.

* In case of inclement weather, a make up date will be scheduled.

Edgewood Senior Activity Center | 1000 Gateway Road, Edgewood | 410-612-1622

Havre de Grace Senior Activity Center | 351 Lewis Lane, Havre de Grace | 410-939-5121

McFaul Senior Activity Center | 525 W. MacPhail Road, Bel Air | 410-638-4040

Veronica 'Roni' Chenowith Senior Activity Center | 1707 Fallston Road, Fallston | 410-638-3260



BOB CASSILLY
Harford County Executive

BARBARA W. RICHARDSON
Director, Housing & Community Services

Harford County Housing & Community Services – Office on Aging
www.harfordcountymd.gov/services 410.638.3025

Receive your passport at the first session & have it stamped for each topic to receive incentives and prizes!

