



1195 West Second Street  
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www.gccoa.org

### **Directions**

- US 35 to Detroit Street (US 68)
  - North on Detroit
  - Cross Church Street
- West on Ankeney Mill Road  
(becomes Fairground Road)



Graphic by Angela Eldridge

Please Join Us:

## ***A Fun Festival For The 50+ Crowd!***



**Fairground Recreation Center &  
Greene County Fairgrounds**

**Tuesday, May 15th ~ 8:30am to 3:00pm**

***But You Choose When & How Much***





*We are pleased to invite you to the annual **SeniorPalooza** ~ a fun festival for those of us in the 50+ crowd! This is a day-long event, but you can join us for as much of the day as you would like and as it fits into your schedule.*

*The purpose of the SeniorPalooza is to celebrate being a Greene County adult and promote brain fitness through movement, trying something new, spending time with others, being creative, and enjoying many moments of laughter!*

*Our 2018 theme is **Our Stories Continue** and we have a full day of unique activities for you to participate in or observe. For our early risers, we hope you will help us kick off the day with the 5K. Our activities in the Assembly Building start at 10am and you can drop in anytime. We will again close the day with a friendly but competitive game, which this year is our take on 'wheel of fortune' - Whirly Words.*

*With the exception of the box lunch ~ the day is free! In the spirit of community, however, we are asking everyone to bring a paper product or two for the area food pantries.*

*We hope you will spend the day with us—whether for an hour or two or all day. Invite a friend to bring along ... it will be our pleasure to enjoy the day with you!*

## **PALOOZA PARTNERS**

*Please join us in thanking the wonderful partners and sponsors of the 2018 SeniorPalooza!*



Lee Duteil

Tony McIlvaine

Shawnah Tibbs-Sergent

- ♦Beavercreek Senior Center
- ♦Bowersville Senior Center
- ♦Clifton Senior Center
- ♦Jamestown Senior Center

- ♦Bellbrook Senior Center
- ♦Cedarville Senior Center
- ♦Fairborn Senior Center
- ♦Spring Valley Senior Center

♦Xenia Adult Recreation & Service Center

♦Yellow Springs Senior Center

Added Touch Cleaning  
Brookdale Assisted Living  
Elmcroft Senior Living  
Harmony Center for Rehabilitation & Wellness  
Homecare by Black Stone  
Legacy Village  
Patriot Ridge Community  
Senior Helpers of Dayton

## Save the Dates...

### Summer Creativity Expo

Thursday, June 21st

10:00am-2:00pm

Xenia Community Center

1265 W. Second Street (next to GCCOA office)

Join us for a day of creating - we will have 2 “make and take” sessions with a choice of projects that anybody can do. Registration is required, and there is a \$5 registration fee. A light lunch is included.



### Aging & Technology Expo

Wednesday, July 18th

11:00am-6:00pm

Assembly Building

Greene County Fairgrounds

An opportunity to learn more about and have hands-on experience with some of the available technology available related to security, mobility, healthcare, communication, entertainment, to name a few.



### Homemade Baked Goods & Jam Auction

Wednesday, August 15th

4:00pm-6:30pm

Xenia Community Center Gym

1265 W. Second Street

This ‘fun fundraiser’ includes music by the local oldies band *The Hoppers*, plenty of tasty refreshments, cloud races, family-friendly games and of course the always entertaining auction of homemade pies, cakes, cookies, breads & jams!



## SCHEDULE OF THE DAY

- ◇ 9:00am 5K Walk/Run/Roll  
(8:30am Registration Starts)

Fairground Recreation Center, next to the Fairgrounds

- ◇ 10:00am Assembly Hall Opens

- ◇ Drop-In Activities

- ◇ 10:30am—12:30pm

A Place For Our Stories: Bookend Project

- ◇ 11:00am—12:15pm  
Scrabble Challenge

- ◇ 12:15pm—12:45pm  
Box Lunches Available

- ◇ 12:45pm—1:45pm  
Your Fitness Story

- ◇ 2:00pm—3:00pm  
Whirly Words

- ◇ 3:00pm Final Door Prizes

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*One kind word can change everything.*



## 5K Walk/Run/Roll

8:30am Registration & We Get Moving at 9:00am!

Fairground Recreation Center & Bike Path

We will start the day by checking in at the registration table where we will drop off our food pantry items and get our SeniorPalooza tee shirt. We will stretch and warm-up under the direction of fitness instructor Shawnah Tibbs-Sergent and then Tony McIlvaine will lead us toward Fairground Road where our Greene County Parks & Trails Rangers will stop traffic so we can cross over to the Bike Path. A photo op for sure!

Participants will move at their own pace and be encouraged along the course by Palooza volunteers. And if you don't want to complete the entire course, just turn around and head back. This is not about the best time or winning, but about moving.

We will be encouraging a cool down upon our return, and water, fruit, and string cheese will be available. And of course, there will be a few prizes to share before we head over to the Assembly Hall for the rest of the SeniorPalooza activities!

### **A few items to note:**

- ◇ Participants will have to sign a release at the registration table.
- ◇ Participants should wear layers of clothing to adjust to body temperature changes. Dress as if it is 10 degrees warmer than it is.
- ◇ DO NOT wear or use anything new on SeniorPalooza day. This includes shoes, shoelaces, socks, foods and drinks.
- ◇ Bring water to drink. Hydrate before and after the Adventure, and carry water with you.
- ◇ Arrive early to allow for registration, warm up, restrooms, etc.
- ◇ Service Animals Only please.

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*Logolepsy (n.) an obsession with words.*



## Drop-In Activities

10:00am — 1:45pm



Words in Words

Mad Libs

Book Page Sachets

Story Stones

Magnetic Lettergrams

Bookstore Puzzle

Autobiography Beach Ball Toss

## A Place For Our Stories: Bookend Project

10:30am—12:30pm

Volunteers will be on hand to assist participants in putting together a set of wood bookends to take home.



M<sub>3</sub>

## Scrabble Challenge

11:00am—12:15pm

Tables of 4 to play 15 minute games with the high scorers moving on to the next round until a 'winner' is named.

## Box Lunch

Available 12:00pm—12:45pm

A box lunch will be available for \$5 with a choice of a wrap or sandwich and a crunchy snack, fruit, treat and water.

## Your Fitness Story

12:45pm—1:45pm

Shawnah Tibbs-Sergent will lead us in some stretching, balance and movement exercises that can be done sitting or standing.



## Whirly Words

2:00pm—3:00pm

The letters are ready and the wheel is prime for spinning. Now we just need our teams and audience members to join Monty Lee Duteil for our version of wheel of fortune and lots of fun!