

Celebrating Seniors

Be Safe • Be Well • Be Connected

May 1, 10 am - 2 pm

Mingo Park

500 E Lincoln Ave, Delaware, OH 43015

Older Adults are invited to enjoy a free day of safety, health and community.

Be Safe

- AAA Car Fit
- Brake Reaction Timer
- Prescription Drug Drop-Off
- Identity Theft & Phone Scams
- Ohio Living Will and Healthcare Power of Attorney Presentation
- Staying Independent Seminar
- Food Safety
- Proper Assistive and Adaptive Device Usage

Be Well

- Line Dancing
- Exercise
- Tai Chi
- Blood Pressure Checks
- Vision Screenings
- Memory Screenings
- Balance Screenings
- Spinal Screenings
- Hearing Screenings
- Pneumonia Immunizations

Be Connected

- Injury Prevention Classes
- Preparedness Information
- Community Resources
- Senior Fitness Groups
- Entertainment & Food



Contact: Mitchell Briant 740-203-2054 mbriant@delawarehealth.org



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DATA Bus Pick Up Times

Council for Older Adults **10 PM**
Mingo Park **10:20 AM**
Council for Older Adults **10:40 AM**
Mingo Park **11 AM**
Council for Older Adults **11:20 AM**
Mingo Park **11:40 AM**
Council for Older Adults **12 PM**
Mingo Park **12:20 PM**
Council for Older Adults **12:40 PM**
Mingo Park **1 PM**
Council for Older Adults **1:20 PM**
Mingo Park **1:40 PM**
Council for Older Adults (final arrival) **2 PM**

Events Schedule

TBD **10 -10:30 AM**
AAA Car Fit **10 AM - 2 PM**
Ohio Living Will/ Healthcare Power of Attorney with Midwest Care Alliance **10:30 -11 AM**
Living Independently **11-11:30 AM**
Exercise demonstration with the YMCA **11:30 AM -12 PM**
Line Dancing with Fred Astaire **12 -12:30 PM**
Assistive and Adaptive Devices seminar with Grady Hospital **12:30 -1 PM**
Live music from the Elastic Band **1-2 PM**

