

May 2, 2008

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31st annual Senior Expo will draw thousands for fun and learning



Betty and Mark Kinch of Hamilton won the Cha-Cha competition at Senior Expo 2007

Where can you get a massage, learn how to be a caregiver, dance to Big Band jazz, and file for the tax rebate all in the same day? At the 31st annual Senior Expo!

Older adults and all who care about them are invited to join Council on Aging of Southwestern Ohio as we celebrate national Older Americans Day. **We'll gather at Coney Island from 10 a.m. to 5 p.m. on Tuesday May 20.**

Senior Expo is celebrating its 31^h year with all the fun and informative traditions that have made it a hit for decades. There's great jazz and tons of dancing. The dance contest will take place at Moonlite Gardens and sprightly groups like the Hula Dancers from Butler County's Partners in Prime and the College Hill Senior Steppers will put on a super show. WMKV 89.3 FM will broadcast live from the event from 10 a.m. to 3 p.m.

At popular "Wellness Island," Expo presents massage from licensed massage therapists, chair volleyball, a Wii demonstration from Best Buy, martial arts demonstrations, interactive brain teaser games, and a botanical walk. Among the new offerings this year is the Brain Fitness Program by Posit Science, which is known to speed up brain processes and restore memory.

Also new this year: Caregiver Corner. If you're caring for or concerned about an aging loved one, here's the place to go. There will be information on caregiver training and support, legal assistance, the Alzheimer's "Safe Return" program, defensive driving, emergency planning and more.

Expo will feature more than 110 exhibitors, including United Way, which will offer free tax filing for the economic stimulus tax rebate

This year's key sponsors are: Gold: Humana MarketPOINT; Silver: The Spring Grove Family, and Bronze: Arlington Memorial Gardens, Anthem, Cincinnati Metropolitan Housing Authority, Helping Hands, and Hospice of Cincinnati

More...

In short:

What: 31st annual Senior Expo

When: 10 a.m. to 5 p.m. Tuesday May 20

Where: Coney Island, 6201 Kellogg Ave.

Admission: \$1.50 + \$1.50 for lunch ticket at the gate. Free parking at Coney. Free shuttle leaves Westin Hotel downtown every hour from 9 a.m. to 11 a.m.

To order box lunch, get advance tickets and for more information:
Amy Leonhardt, 513-345-3367 or aleonhardt@help4seniors.org

About Council on Aging

Council on Aging of Southwestern Ohio (COA) is a nonprofit organization dedicated to enhancing the quality of life for older adults and their families.

Since 1974, COA has been designated by the state of Ohio as the Area Agency on Aging for Butler, Clermont, Clinton, Hamilton and Warren counties. COA plans, coordinates, funds and administers programs for an area that is home to more than 252,000 adults age 60 and older.

COA promotes choice, independence, dignity and well-being of older adults through a range of services that help them remain in their homes for as long as possible.

One call to COA links people to the wide variety of agencies, information and programs that serve older adults.

For Answers on Aging:

Council on Aging of Southwestern Ohio
175 Tri County Parkway, Cincinnati, OH 45246
513-721-1025 Toll-free 1-800-252-0155
E-mail: info@help4seniors.org.
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