



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

North Suburban YMCA Presents Seniorpalooza Free Health and Fun Fair on May 20

Northbrook, IL – The North Suburban YMCA will host its second annual *Seniorpalooza*, a health and fun fair for older adults, on Sunday, May 20 from 10:00am to 1:00pm. This free community event brings together a wide variety of local organizations offering presentations, health screenings, food, giveaways, and demonstration classes.

“We had an outstanding response to our first Seniorpalooza last year, and we’re excited to offer even more in 2018,” notes Karen Brownlee, Adult Services Coordinator for the North Suburban YMCA. “The event is a wonderful opportunity for people to learn about resources and programs that enrich lives right here in our community.”

Seniorpalooza includes a wide variety of programs to support individuals’ health, well-being, and social connection. Guests can participate in a class to experience the fluid movement practice of Qigong with instructor David Derdiger. LS Golf’s PGA Pro Gabe Adducci will offer tips to improve your swing, and other presenters will discuss topics in elder law, back pain prevention, and downsizing. Local health experts will offer free blood pressure readings, hearing screening tests, memory screenings, and more. Participants will receive free food, giveaways, and special promotions from local vendors.

Local service providers appreciate the opportunity to engage with the community at Seniorpalooza. “I participated in the Seniorpalooza last year and felt like I had great exposure to our target audience,” says Yvonne Feffer, Doctor of Audiology at Connect Hearing, Inc. “The Y does a great service for their senior demographic and Connect Hearing is excited to be a part of it again this year.”

The event also features special entertainment by local performers. At 11:00am, Dorothy Pauletti will showcase her piano skills, which remain remarkable even as she approaches her 101st birthday in May. Longtime residents will remember Pauletti as a frequent performer at The Cypress Inn in Northbrook and Hackney’s in Wheeling and Glenview. Later in the day, the Y will welcome the [Hummers & Strummers](#), a Deerfield group that leads familiar singalongs accompanied by ukuleles.

For more information about programs at the North Suburban YMCA, visit NSYMCA.org or call 847 272 7250. To participate as a vendor or sponsor at Seniorpalooza, contact Kim Nyren, knyren@nsymca.org.

About the North Suburban YMCA

Celebrating its 50th Anniversary in 2018/19, the North Suburban YMCA provides individuals in Northbrook and 15 surrounding communities with programs and tools that help them become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at NSYMCA.org.



Photo Caption: Seniors can take advantage of free health education programs and giveaways at Seniorpalooza on May 20 at the North Suburban YMCA.