



Reach for the STARS

Itinerary for SeniorPalooza
April 30—May 23, 2025

May is *Older Americans Month* and as always, your Council celebrates Greene County's 50+ crowd by presenting the annual SeniorPalooza.

This year's theme, *Reach for the Stars*, has inspired us to offer you challenges, activities and information.

We invite you to participate in whatever strikes your fancy during these first weeks of May.

This Itinerary includes the program of events and activities, and the schedule for the May 22 Field Day for those able to join us.

Additional Itineraries are available at the Council's office, senior centers and on the Council's website.

We hope you have fun as you join us in reaching for the stars.

Program of Events & Activities

Wed, April 30 ~ Video: **Brick'n'Baum** SeniorPalooza Introduction
1:30 until 3pm — Drive-by Event (XCC) to pick up your Takeaway Bag & give your Council team a chance to say hello!

Sat, May 3 ~ *Drive-by Shredding Event* (XCC parking lot). It's easier to reach for the stars with less paper in the way!

Mon, May 5 ~ *Come walk with us* as we start Older Americans Month on the right foot. Meet at Russ Nature Center at 11:00

Mon, May 5 through **Friday, May 16** ~ Listen to Real Roots Radio for the *Song of the Day*. List as many as you can on the next page.

Mon, May 5 through **Wed, May 21** ~ Check our Facebook page for:

Brick'n'Baum ask about our favorite star

Brick'n'Baum host an Origami Star class

Brick'n'Baum launch a rocket for the stars

Brick'n'Baum explore astronauts reaching for "the" stars

Brick'n'Baum remind us about the Senior Field Day

Thursday, May 22 ~ 11:30am until 2:30 pm — **Senior Field Day** (see details on last page; registration required)

Last Week of May ~ Happy Memorial Day! This week, check our Facebook page for Brick'n'Baum's Closing Video, Song of the Day answers and more. And thank you for *Reaching for the Stars* with us!



Song of the Day



Starting Monday May 5 through Friday May 16, listen for the *Song of the Day* on RealRootsRadio (FM 100.3 WBZL AM 1500) during the Get Up & Go show with Roy Hatfield at 8:05 am. Write down the song name.

To be entered into a drawing for a fun prize, email your completed song list to YourFriends@gcco.org or drop off to the Council's office by May 21. Answers will be posted on Facebook & gcco.org by May 30.

May 5 _____	May 12 _____
May 6 _____	May 13 _____
May 7 _____	May 14 _____
May 8 _____	May 15 _____
May 9 _____	May 16 _____

Walk for Older Americans Month



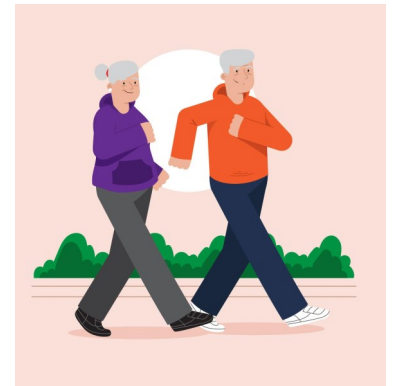
Walk with us as we start Older Americans Month out on the right foot on Monday May 5th! Gather at Russ Nature Reserve starting at 11:00.

Walking offers the physical benefits of exercise while also boosting your emotional well-being. Walking regularly can help ease symptoms related to anxiety and depression.

Russ Nature Reserve is an amazing part of your backyard here in Greene County, featuring close to four miles of trails that wind through meadows and woods. The Russ is located at 2380 Kemp Road, just west of Beaver Valley Road in Beavercreek.

Snack bags will be provided but bring your own water and sunscreen. The shelter has been reserved for us.

Thanks to Greene County Parks & Trails



Reach for the stars. Spread your wings and fly. You never know what you can do til you try!



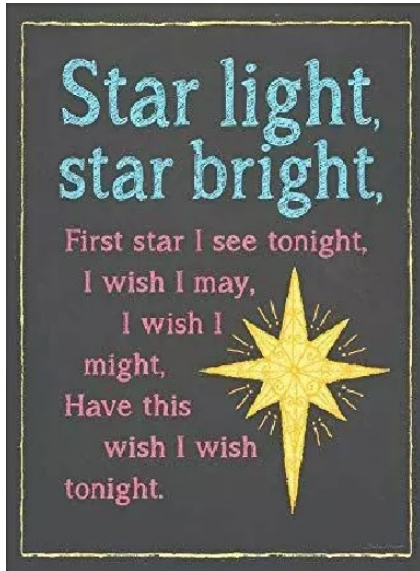
Learn About Astronomy



The Miami Valley Astronomical Society hosts a public stargaze event on Saturday, May 17, from 8 to 11 pm, at John Bryan State Park in Yellow Springs. Members will provide telescopes and binoculars to view the night sky, and will be available to answer questions. See the flyer in the takeaway bag for more information.

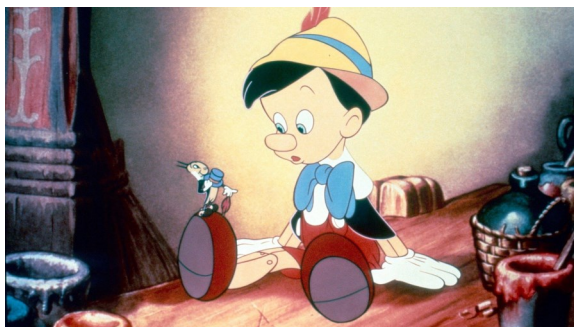
Fun at Home

In your *Takeaway Bag* are a number of games, quizzes, and activities for you to enjoy at home at your leisure. Astronomy Word Scramble. Movie Star Trivia. Match the Star Quote to Person. Star Maze



We all learned this rhyme as children, as we gazed in wonder at the stars in the night sky. The rhyme was recorded in America in the 19th century but has spread around the world.

What wishes do you have? When you wish upon a star, what do you dream of, what do you long for, what is your wish?



When you wish upon a star
Makes no difference who you are
Anything your heart desires
Will come to you

If your heart is in your dream
No request is too extreme
When you wish upon a star
As dreamers do

Fate is kind
She brings to those who love
The sweet fulfillment of
Their secret longing

Like a bolt out of the blue
Fate steps in and sees you through
When you wish upon a star
Your dreams come true

Dream the impossible dream,
fight the unbeatable foe,
strive with your last ounce
of courage,
to reach the unreachable star

— Joe Darion



Too old to dream? Never!

It may seem that it is only youth that is celebrated and encouraged to reach for the stars, but many seniors believe that age is only a number, and it is never too late to pursue your dreams.

For example, a 70-year-old decided to run her first marathon, proving that physical fitness isn't confined to the youth. Or consider the 80-year-old who published his first novel, demonstrating that creativity knows no age limit.

Pursuing dreams in one's senior years has been shown to have remarkable benefits on health and well-being. Engaging in meaningful activities contributes significantly to mental health, with many reporting a renewed sense of purpose and decreased feelings of loneliness or depression. Physically, staying active and challenged can improve overall health, mobility, and independence.

Doctors and researchers advocate for seniors to embrace new challenges and passions, emphasizing the positive correlations between an active lifestyle and prolonged cognitive and physical health. Achieving dream goals can be a key ingredient in a fulfilling and vibrant later life.

Whether you're 18 or 80, the time to reach for your dreams is now. Because in the eloquent words of C.S. Lewis, "You are never too old to set another goal or to dream a new dream." So, go ahead, dream big, and remember, it's never too late for dreams to take flight.

Senior Field Day!



Thursday, May 22 from 11:30 to 2:30 pm. Prior registration required by **May 16** — no on-site registration. Water supplied but bring your sunscreen. We start in the field behind Xenia Community Center and then move inside to the XCC gym. Chairs will be available.

Schedule of Events - Outside in the field

11:30am—12:00 noon Arrive and check-in. Pay \$5 for Grab 'n' Go Supper, if ordered when you registered. Also get your starry tee-shirt if you ordered one on the Registration Form.

12 noon Welcome

Warm Up with Shawnah

Brick'n'Baum ~ Hanging with the Sports Stars

Obstacle Course

Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience and the passion to reach for the stars to change the world.

—Harriet Tubman

Inside the gym

1:00 Move inside the XCC gym for these activities:
Star Tree ~ Add your star to the tree, complete with a special dream or the name of someone you look up to (or looked up to in the past)

Make a Constellation Telescope

Star Fun Facts

Star Gazing Photo Booth

Plan for Pursuing a Dream

Catch a Falling Star

2:30 Farewell ~ Distribution of Grab 'n' Go Supper (for those who ordered)

Thank you for participating in SeniorPalooza.
You are all Stars! Don't forget to visit our Facebook page throughout the month of May for special posts and videos. And during last week, look for the answers to the Song of the Day & more!



Visit us on Facebook..... facebook.com/GCCOAcres/



Send us email..... YourFriends@gccoa.org



Visit our website..... gccoa.org



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Many thanks to the senior centers and to our community partners!



FLIP THE SCRIPT ON AGING: MAY 2025