

Thanks to our Partners



Savvy Senior Expo

Thursday, October 22, 2026
10:30am to 3:30pm

Seek out fun and laughter in everyday things.

Savvy Senior Expo

Living your best life

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10:30am to 3:30pm

Xenia Community Center
1265 W. Second Street

**Admission: An Item or
two for the Pantry**

No Registration

Refreshments

Door Prizes



Welcome to our fourth **Savvy Senior Expo**! Join us as we explore options for our best aging experience. Learn something new, spend time with friends ~ known and new, and have some fun, all at the same time.

There will be interactive sessions and presentations covering topics such as Medicare Fraud, Managing Responses to Stress, Insulin & Glucose Spikes, Financial Wellness, The Utility Roller Coaster, Lifelong Learning, and Being Cyber Savvy. You can also enjoy a demo of Robot Dogs on the gym stage as well as learn first hand some basic household repairs/checks at the "Do It Yourself" corner. On-site Medicare Reviews will be available (by appointment), a few brain and physical fitness demos will be set-up, and those willing to take a seat for a few minutes can give the Diamond Dots craze a try. The Legal Chat will again close out the Expo, with attorney Dave Cusack discussing the Anatomy of a Will.

There will be a number of information tables to check out, a preview display of the Council's Holiday Gift Soiree, and we have partnered with the Coffee Hub to offer our Beverage & Snack Bistro to tempt you with familiar and new items to try.

1195 W. Second Street, Xenia OH 45385 • *Find us on Facebook!*
937-376-5486 • www.gcco.org • YourFriends@gcco.org

The best time to change your life is now

Information Tables

Our partners & vendors will have information to share and people you can talk to.

- Ohio Senior Health Insurance Information Program (OSHIIP) Medicare/ Open Enrollment
- Greene County Public Library ~ More than books!
- Osher Lifelong Learning Institute at UD
- Office of the Ohio Consumers' Counsel
- ProSeniors—Legal Services, Medicare Fraud
- OSU Extension Greene County
- Social Security ~ Theresa Busher, Social Security Public Affairs Specialist
- Hands-On Home Maintenance Tips with Mike & Marie Novak
- Beverage Bistro with Coffee Hub: In addition to the standards, we'll have some new things to try, such as Matcha Green Tea and Chai Tea. And maybe a tasty bite to join your selection.

There is no admission but we encourage you to bring a donation for the area food pantries, such as a box of cereal or crackers, a package of toilet paper, and/or some toothpaste.

Have some fun while you learn about successful aging. You decide what you want to see or participate in — a lot will be happening all around the XCC.

Get an early start before the Expo begins with a Zumba session at 9:30 with Jodi Anderson. Here is your chance to see what the excitement is all about, and maybe try it out.

The Expo officially opens at 10:30am in the XCC gym. Sign up for door prizes, scope out the partner tables and review the presentation schedule. There will be tables & chairs to sit and chat or look at information, and light refreshments will be available.

Fitness Demos ~ In addition to the 9:30am Zumba class, fitness demonstrations will be offered, including Jazzminton and a few activities you can do at home.

Breakout Sessions

Learn about cyber security with Adam Dyer of Cyberweb Services. "Cybersecurity for people, not just systems". Adam will talk with us in plain and relatable terms about online and cyber-related activity precautions. Join us to learn and take action.

Robot Experience. Come meet the future on the XCC stage with Rover and Rudy, two interactive robot dogs that walk, dance and more. Originally designed for patrolling, advanced monitoring, safety & efficiency in facilities. You've seen the videos: now see it IRL (in real life).

The best way to predict your future is to create it

Rising Utility Prices & How To Reduce Your Monthly Bills ~ Kathryn Metz from the Office of the Ohio Consumers' Counsel will discuss an important topic. Learn how you could save money.

Katie Reynolds, Executive Director, Special Programs and Continuing Education, Graduate and Professional Education at Univ of Dayton's Osher Lifelong Learning Institute, will discuss the benefits of lifelong learning.

Marty Eng, R.Ph. returns to the Expo with information on Insulin & Glucose Spikes: A Reality Check.

Susan L Marshall of ProSeniors will discuss the exciting topic of EOBs (Explanations of Benefits). It's important!

Aaron Fowler of OSU's Extension will present The Financial Wellness Wheel. He will discuss the financial impacts of daily life with a focus on money-saving strategies and practical budgeting tips.

Managing Our Responses to Stress is important for our health. Daejanna Preston of GCCOA will offer some tips and information.

Medicare 101 & Open Enrollment ~ Medicare is the primary health insurance for older adults, but are we as knowledgeable as we should be? Sarah Florimonte of OSHIIP will provide a review of Medicare, including the Open Enrollment process which runs from October 15 to Dec 7. Sarah, along with GCCOA team members, will also be providing one-on-one reviews of plan options for those with appointments (see information right).

2:30-3:30 Legal Chat ~ Attorney Dave Cusack will discuss *The Anatomy of a Will*, helpful whether you have a will or not. Note: This replaces the Legal Chat normally held at Peace Lutheran Church.

One-on-one Medicare Review

There are a limited number of spots to review your Medicare options with Sarah Florimonte, Matthew Murphy or Beth Borger at the Expo.

To make an appointment, call Beth at 937-376-5486 ext 128 before Monday October 19.

Diamond Dots – A Chance to Give it a Try

Interested guests will have the opportunity to see what all the buzz is about while they make a diamond dot leaf magnet.

Check out the Council's **Holiday Gift Soirée** preview table, and plan to come to XCC on December 9th and 10th to start or finish up your holiday shopping.

Make a Note

Drug Take Back Day is Saturday, October 24. Community members can drop unwanted Prescriptions to Sheriff's office or local police departments between 10 am and 2 pm. Liquids and needles not accepted.